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Tuesday, September 20, 2011
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News worth sharing.

Ford eyes a compromise

Mayor says he won't close libraries • Pledged to fight for more child care but did not reject plan to eliminate 2,000 subsidized spaces through attrition • Speakers at city hall limited to two minutes, down from the typical five

COLIN MCCONNELL/TORSTAR NEWS SERVICE

▶ Mayor Rob Ford attends the standing-room-only executive committee meeting at city hall. Belt-tightening measures brought on by the mayor to "cut the fat" at city hall are being debated.

Mayor Rob Ford indicated yesterday he is willing to compromise on proposed service cuts, at least when it comes to libraries, child care and cleaning of city streets.

Speaking before a standing-room-only meeting of his executive committee, Ford said he would not support closing libraries or reducing street-cleaning or snow-clearing standards to balance the budget.

He later told reporters the windrow-clearing program is cherished by residents of the suburban wards almost all his council allies represent.

"I also am not ready to close libraries — I believe the chief librarian can find efficiencies, and possibly reduce some operating hours, to meet her budget targets," Ford said at the meeting, which continued into the night.

Ford's statement on child care was more ambiguous. He said "we need to expand the number of affordable child-care spaces in our city," and that any "changes" must be made "in a way that doesn't hurt families who already depend on us for support."

By 10 a.m. at city hall, 361 people had registered to speak before the mayor's 13-member executive committee, although dozens failed to show up when called.

In July, the same committee sat for 22 hours straight and heard from 169 people.

TORSTAR NEWS SERVICE

He stole their show

While many old faces were among the speakers, it was three-year-old Teddy Filby-Thorne who stole the show.

- Teddy and his mom, Erin Filby, 32, who live in the Yonge and Wellesley streets area, made the trip to city hall because of the proposed closure of Riverdale Farm.
- "Teddy's first experience with anything but a chubby Labrador was at the farm," Filby said. Teddy piped in that he also really likes the cows and riding his bike.
- Afterward, Ford asked if anyone had any questions. "I have questions!" Teddy authoritatively yelled into the mic, as the audience burst into laughter.

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Horwath wants city to pause transit cuts

DARREN CALABRESE/THE CANADIAN PRESS

▶ Ontario NDP leader Andrea Horwath walks through a TTC subway station yesterday before making an announcement.

DECISION ONTARIO

Ontario NDP Leader Andrea Horwath is pledging millions to help fund transit systems and is urging Toronto to hold off on planned transit cuts until after the provincial election, even though her party is running a consistent third in the polls.

Horwath stood outside a Toronto subway stop to talk about her plan for transit yesterday, the same day layoff notices were going out to about 250 employees of the Toronto Transit Commission.

The city is aiming to reduce its 2012 budget by 10 per cent.

In addition to the layoffs, 171 front-line operator jobs will be eliminated through attrition as the TTC tries to whittle down a projected multimillion-dollar budget shortfall.

A possible fare hike has also been raised, but the decision has been deferred to December.

THE CANADIAN PRESS

An all-girl pillow fighting league

Taking your average slumber party pillow fight to a whole new level

PHOTO COURTESY IAN KELLY

▶ Kitty Barnum and Stella Lugosi, top, in Bedlam's main attraction at the El Mocambo Friday night.

Van Wailin' has Lovely Handles pinned to the pink mats as she thumps her opponent repeatedly with a pillow. Crowd members chug beer and shout obscenities from three metres away. Two commentators trade barbs from a nearby stage.

This isn't your average slumber party pillow fight.

No, this is Bedlam: All-Girl Pillow Fight Revue, Toronto's only active pillow-fighting organization.

Founded and operated by women, the group formed after a five-year-old Pillow Fight League went on hiatus in March. More than 200 people — female university students, men in business suits, and ZZ Top clones among them — crowded around a 12-by-12 ring on Friday night for six girl-on-girl fights, held at El Mocambo, a rock club near College Street and Spadina Avenue.

"It's certainly meant to be a spectacle, halfway between WWE and roller derby, with elements of mixed martial arts thrown in."
BEDLAM CO-FOUNDER CHRYSTAL CLEAR.

The evening also featured a standup comedy act and drag performance.

None of the 15 fighters use their real names. Instead, they assume elaborate personas.

Van Wailin' is a 25-year-old former journalism student, who rocks 1980s party girl makeup. Lovely Handles is a Middle Eastern temptress. Stella Lugosi, a vampire, models herself on WWE fighter The Undertaker.

"I want to bring the dark side and doom to pillow fighting," said Lugosi, 29, a web designer by day.

Even with arm and knee pads, a standard-size polyester pillow and referee, the fights get violent. Elbows to the face, clotheslines, knee drops — all moves are legal, as long as a pillow is in play. A match ends with a three-count pin or submission.

Before Friday's fight, the fighters had trained twice a week for three months, learning how to properly execute and take hits.

Unlike lingerie football, where women play in underwear, Bedlam encourages its fighters to express themselves through costume. TORSTAR NEWS SERVICE

1 news

New research points to a frightening link between child-abuse rates and economic turmoil in the U.S. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

As the European banking system goes, so goes the stock market — and there's now reason to think good thoughts about Europe. Allan Small has more at metronews.ca

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Fraud allegations shock family

Alleged condo fraudster believed to be in his native Bangladesh, Malaysia or Dubai Properties list grows

In the first interview since multi-million dollar fraud allegations against Manzoor Khan surfaced 10 days ago, his family says they have no clue about his whereabouts and were stunned when they heard about the lawsuits.

"When I saw his picture (in the newspaper) I was shocked ... shocked," Salman, Khan's oldest son told the Toronto Star.

"Everything was going good," he said. "This is totally wrong."

Khan, president of Channel Property Management Ltd., is accused of borrowing millions of dollars against at least nine buildings — in most cases without the board's approval — leaving potentially thousands of condo owners on the hook for the money.

Properties

Toronto properties affected by the alleged fraud:

- 25 Grenville St.
- 312 San Romanoway
- 3050 Ellsemere Rd.
- 39 Kimbercroft Ct.
- 10 Markbrooke Lane
- 236 Albion Rd.
- 2465 Kipling Ave.

Mississauga properties:

- 2121 Roche Ct.
- 3025 The Credit Woodlands

The total misappropriation may exceed $20 million. Several buildings have filed civil suits against Channel and Khan. He is believed to have fled the country. Toronto police are investigating.

Some condo corporations allege Khan forged signatures and created fake meeting minutes to register a bylaw that allowed him to obtain loans without the board's knowledge. The money was funnelled into a separate bank account.

The Toronto Star first reported the allegations last Thursday.

Until now, the family has declined to answer any questions.

Now Salman, mostly known as Romel, says he doesn't know where his father is.

"All I know is that he went to Bangladesh 'cause my mom wasn't well. He likes to travel, he goes here and there. He even went for Haj (pilgrimage to Mecca in Saudi Arabia)," he said.

TORSTAR NEWS SERVICE

DIANA ZLOMISLIC/TORSTAR NEWS SERVICE

▶ Manzoor Moorshed Khan, president of Channel Property Management Ltd., is accused of defrauding GTA condos of more than $20 million.

Hudak's 'Ford Nation' love haunts him: Analysts

It appears "Ford" may be turning into a four-letter word in the Ontario election campaign.

Progressive Conservative Leader Tim Hudak tried desperately to avoid saying the Toronto mayor's name yesterday, appearing only too conscious of a possible backlash against Rob Ford that may scare off provincial voters who otherwise might have voted for the Tories.

Once considered a key ally in Hudak's drive to become Ontario's next premier, analysts now say Ford may turn out to be one of the most effective weapons Premier Dalton McGuinty's Liberals have in their bid for re-election.

It was just about a year ago that Ford blew into city hall on the strength of a populist campaign that promised tax cuts, and halting the "gravy train."

"Ford tapped into a feeling among the public that tax dollars aren't spent as wisely and well as they should be," Liberal strategist Bob Richardson said.

It's the kind of message Hudak was more than happy to associate himself with. "What Rob demonstrated when he won the mayoral race is to be clear where you stand," Hudak said prior to the start of the campaign.

Hudak's platform promises tax cuts and an end to "wasteful" government spending.

However, as the debate over potentially deep program and service cuts at city hall grows increasingly strident, tapping into the "Ford Nation" for support may prove to be the Tory leader's biggest weakness.

"(Ford) sold a fantasy: that you can reduce your taxes and you don't impact services," said consultant Peter Landry. "It's starting to come home to roost for him." **THE CANADIAN PRESS**

FRANK GUNN/THE CANADIAN PRESS

▶ Toronto Mayor Rob Ford after a meeting with Premier Dalton McGuinty last month.

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Bug invasion may come with big tab

Two-thirds of ash trees are on private property: City
Removal could cost some homeowners thousands

The Asian insect cutting a swath out of the city's urban canopy could soon be taking a bite out of homeowners' wallets.

Toronto residents are on the hook for the removal of dead ash trees killed by the Emerald Ash borer on their property. A recent city map shows the beetle has infected trees throughout the eastern half of Toronto and is moving fast to the other side of Yonge Street.

"We want the general public to maintain trees on their property and to recognize that that is their responsibility," says Beth McEwen, the city's manager of urban forest renewal. Private tree maintenance is mandated under the city's property standards bylaw. "And we want them to replant trees if their trees die because that's part of maintaining Toronto's tree canopy."

Learn more

The city is holding information meetings on tree removal from 7 to 9 p.m. tonight at the Scarborough Civic Centre, tomorrow at Etobicoke Civic Centre and Thursday at the Masaryk Cowan Community Recreation Centre.

That's a concern for residents in the Guildwood area of Toronto, where 80- to 90-year-old ash trees tower above homes south of Kingston Road.

"There are people here who are retired folks. If they're hit with $100,000 of tree removal in three years, I don't know how they would be able to afford it," says resident Jean-Marc Frion, who has three large ash trees in his backyard.

He's particularly concerned that as the infestation spreads and reaches his area, demand for tree removal will inflate costs.

In the early part of the infestation, it can take three or four years to kill trees, but as the number of beetles build up, trees could die within a year, says McEwen. By 2017, most of the city's ash trees will be dead. TORSTAR NEWS SERVICE

Bake. Sale

▶ Six year-old Bella Black, pictured with co-founder of Free the Children Marc Kielburger and staff.

CONTRIBUTED

Can't get enough of these sweets

Bella Black held a back-to-school bake sale on Sunday on Swanwick Avenue in Toronto to raise funds to build another school. The sale raised $1,500 in three hours — ending early because she sold out. All baked goods were donations from friends and family and were sold for $1 to $5 each. Bella is the recipient of the Kindness Caring Award from the Toronto District School Board.

Tasered man falls from balcony

Ontario's police watchdog is investigating after a Toronto man was hit by a police stun gun and then plunged from an apartment balcony.

The Special Investigations Unit says the man was injured after police responded to a domestic call early yesterday.

Video from the scene shows a man straddling the concrete railing and later pacing on the balcony as police watch. Later, as the man sits on the balcony, an officer discharges the stun gun from the balcony above and the man moves to the edge of the balcony and then falls to the ground.

Daniel Wright, 42, was taken to Sunnybrook Hospital but there was no immediate word on his injuries. THE CANADIAN PRESS

EMILY JACKSON/TORSTAR NEWS SERVICE

▶ The SIU on scene at 1765 Weston Rd.

SIU probing shooting

A man is in hospital after being shot by police in downtown Toronto.

Authorities say a man was shot by an officer near the Eaton Centre (in the area of Shuter and Victoria streets) around 1:40 p.m. yesterday.

The man was taken to nearby St. Michael's Hospital with non-life-threatening injuries.

Ontario's Special Investigations Unit is investigating the incident and no other details were immediately available. THE CANADIAN PRESS

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This week, Rick joins the Hands Fireworks team and sets the night sky ablaze in Ayr, Ontario.

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Signed by Dr. Nowell Solish
on May 16, 2011

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Voters asked to cast early ballots

Research project seeks to draw conclusions on how electoral reform would impact outcomes

DECISION ONTARIO

ANGELA MULLINS
@METRONEWS.CA
METRO CANADA IN LONDON, ONT.

Professors at four Canadian universities are asking people to cast three ballots in advance of the Oct. 6 election.

The votes won't count toward putting a party in power. But, they could tell researchers a lot about how different voting systems affect the outcome of elections and how the systems affect the way people vote.

Three Ontario Votes — an online project that launched Saturday — is part of a seven-year research project, Making Electoral Democracy Work.

Participating schools include Western, Carlton and McGill universities and Université de Montréal.

"Overall, we're interested in how voters and parties react to each other and the institutional systems in which they work," said Laura Stephenson, an associate professor in Western's political science department.

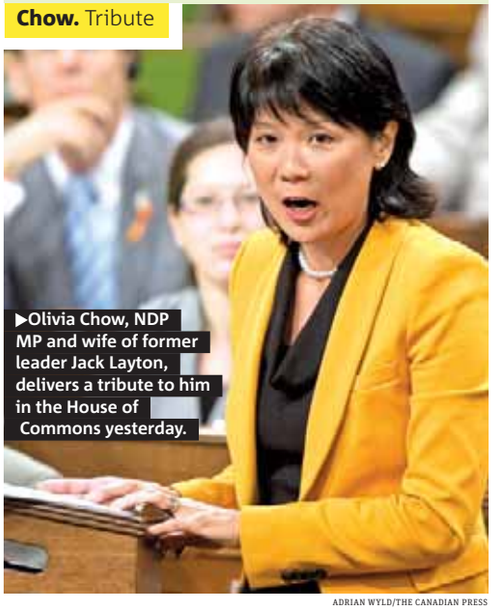
On the project's website, people can choose their riding, then cast votes for candidates via three electoral systems: first past the post, (the way candidates are elected now); proportional representation; and an alternative vote in which voters assign a priority to the various candidates and the field is narrowed through a complex ranking system.

If enough people land on the website, researchers could use the data to figure out how the Oct. 6 results would have played out locally under various systems.

To get involved

- Cast your Three Ontario Votes ballots at threeontariovotes.ca.
- For more information about the Making Electoral Democracy Work project, visit electoraldemocracy.com.

Chow. Tribute



▶Olivia Chow, NDP MP and wife of former leader Jack Layton, delivers a tribute to him in the House of Commons yesterday.

ADRIAN WYLD/THE CANADIAN PRESS

MPs remember Layton

Politicking and partisanship briefly evaporated as MPs remembered Jack Layton's courage, optimism and kindness as Parliament resumed yesterday. Prime Minister Stephen Harper praised the late NDP leader as someone who earned the affection and respect of his fellow MPs.

McGuinty, Hudak related: Site

It looks like Tim Hudak and Dalton McGuinty have more in common than a desire to be Ontario's premier.

A website that traces family history says the Liberal premier and his Progressive Conservative rival are related — but you have to go back a few hundred years.

Ancestry.ca says the two leaders are 10th cousins through their mothers.

Their shared ancestor is identified as Louis Jobidon, their ninth great-grandfather. THE CANADIAN PRESS

1655

The website says their ancestor was from France but he married Marie Deligny in 1655 in Notre-Dame-de-Quebec Catholic Church in Quebec City.

Bride attacks woman

Police have charged a bride with an assault at her own wedding in Georgian Bluffs, Ont.

Apparently, the bride wanted a woman, 51, to act as a master of ceremonies, but the woman twice declined the offer. The woman, who suffered minor injuries, left the wedding and made a report to police. THE CANADIAN PRESS

Hudak calls smart meters dumb

Mandatory smart meters are dumb, Progressive Conservative Leader Tim Hudak said yesterday in promising to scrap the program he called just another tax.

Smart meters allow people to shift electricity-consuming chores to off-peak times when power rates are lower, thereby saving money and easing the overall load on the system.

But Hudak said too many families simply end up paying the higher rates because they can't shift their power-usage habits.

"What I hear from families is they're nothing more than tax machines," Hudak said of the smart meters.

"Not every family can get up late at night to do the laundry. Not every family can have all the kids showered and fed and ready for school before 7 a.m. when the higher rates kick in."

With smart meters, or time-of-use pricing, consumers pay significantly more — as much as 150 per cent more — for power used at higher-demand times.

The Liberal government maintains the meters are a valuable conservation tool in that they force people to think about the power they use.

THE CANADIAN PRESS

CHRIS YOUNG/THE CANADIAN PRESS

▶ Progressive Conservative Leader Tim Hudak.

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Yemen. Clashes

▶ Protesters throw rocks during clashes with security forces in Taiz, Yemen yesterday.

ANEES MAHYOUB/THE ASSOCIATED PRESS

Protesters seize elite military base

Thousands of protesters backed by military defectors seized a base of Yemen's elite Republican Guards yesterday, weakening the control of Yemen's embattled president. His forces fired on unarmed demonstrators elsewhere in the capital, killing scores, wounding hundreds and sparking international condemnation.

Scientists on trial for quake 'miscues'

- **Italian geophysicists facing manslaughter rap**
- **Accused of not relaying risks of 2009 disaster**

Nearly 4,000 scientists from around the world are supporting six Italian geophysicists and a government official who go on trial today for manslaughter for not predicting a devastating 2009 earthquake.

The 6.3 magnitude quake killed 309 people in the central Italian city of L'Aquila and towns nearby, injured more than 1,500 and destroyed 20,000 buildings.

6.3 Magnitude of the quake that killed 309 people in central Italy, injuring more than 1,500 and destroying 20,000 buildings.

Although the verdict could take months or even years, the case has already sent a chill through the scientific community.

The National Commission for Forecasting and Predicting Great Risks, which met in earthquake-prone L'Aquila the week before the temblor, provided "incomplete, imprecise and contradictory information" according to the 224-page statement of charges filed in 2010 by the public prosecutor.

TORSTAR NEWS SERVICE

UNITED NATIONS

Palestinians to seek full membership

Palestinians brushed aside heated Israeli objections and a promised U.S. veto yesterday, vowing to submit a letter formally requesting full UN membership after Palestinian President Mahmoud Abbas addresses the General Assembly at the week's end.

Abbas said he had not been swayed by what he called "tremendous pressure" to drop the bid for United Nations recognition and instead to resume peace talks with Israel.

The push at the world body is the first step to statehood for Palestinians who have for decades complained of being guests in their own land.

A White House official said the situation remained fluid, noting that Abbas had still not formally filed a letter seeking membership.

THE ASSOCIATED PRESS

Airport in Gadhafi bastion falls

Revolutionary fighters have captured the airport and other parts of a southern desert city that is one of the last remaining strongholds of Moammar Gadhafi's forces.

The capture of Sabha is seen as a welcome victory for Libya's new rulers, who have struggled to rout forces loyal to the former dictator a month after sweeping into Tripoli.

THE ASSOCIATED PRESS

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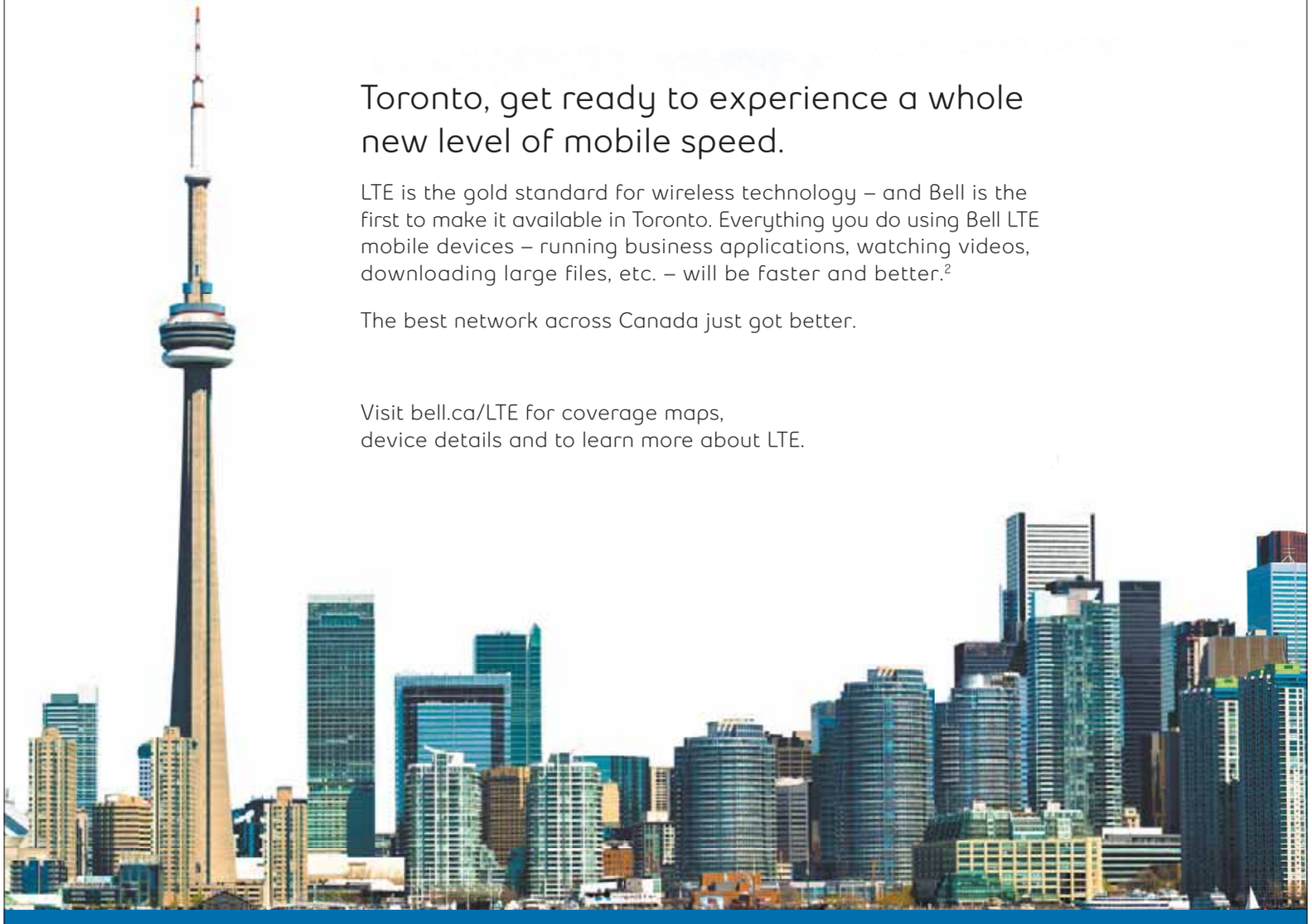

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‘Make sure there’s no survivors’

Congo ‘astonished’ at report that armed Congolese attacked pub in neighbouring Burundi killing dozens

Armed men from Congo burst into a pub in the central African nation of Burundi and killed 36 people, an official said yesterday.

Burundi, a tiny nation still reeling from a civil war that killed more than 250,000 people, is awash in weapons but attacks like the one Sunday night are rare. Still, the region borders eastern Congo, which is wracked by violence from myriad rebel groups.

Bujumbura province governor Jacques Minani said the attackers targeted the pub in Gatumba, west of Burundi’s capital, after crossing the river from Congo. He said 36 people were killed.

Survivor Jackson Kabura, who was shot in the stomach, said the men entered wearing military fatigues. “One of them said, ‘Kill them all, kill them all. Make sure there’s no survivors,’” he said.

Congolese military spokesman Col. Sylvain Ekenge said officials were “astonished” by reports that the attackers were believed to be from his country. THE ASSOCIATED PRESS

UN response

- At UN headquarters in New York, Secretary-General Ban Ki-moon condemned the attack and called on all parties to exercise restraint, his spokesman Martin Nesirky said. Ban “hopes the perpetrators of these crimes will be brought to justice promptly.”
- The UN mission in Congo has reported the presence of NLF fighters and bases in eastern Congo, and suggestions they may be allied with Rwandan Hutu rebels also operating there.
- A November report quoted “multiple credible sources” on the Burundian group rearming and remobilizing in Congo. But Burundi’s government has said there is no evidence the group is preparing for war.

People. Power

▶ Protesters in costume perform during the anti-nuclear demonstration in Tokyo yesterday. Chanting “Sayonara nuclear power” and waving banners, tens of thousands of people marched in central Tokyo yesterday to call on Japan’s government to abandon atomic energy in the wake of the Fukushima nuclear accident.

KOJI SASAHARA/THE ASSOCIATED PRESS

‘Sayonara’ to nuclear power

$19,300
The insurance value of the gold-plated necklace due to its shipwreck history.

Titanic treasure taken

Copenhagen’s Tivoli amusement park says a necklace recovered from the Titanic disappeared from a display. The exhibition owner said he doubted it could be sold because it is known worldwide. THE ASSOCIATED PRESS

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OLI SCARFF/GETTY IMAGES

▶ Traveller Serena McCarthy holds her nephew at the entrance to Dale Farm traveller's camp.

Travellers win injunction

Irish nomadic group chain themselves to gates of camp as bailiffs moved in to enforce an eviction order

A group of Irish Travellers facing eviction from their English campsite won a last-minute reprieve yesterday when a judge prevented bailiffs from removing any structures in their settlement.

It was a tense standoff between residents of Dale Farm, 50 kilometres east of London, and local officials. The showdown follows a decade-long legal battle between the government and the Travellers — a traditionally nomadic group similar to, but ethnically distinct from, Gypsies or Roma people.

Late yesterday, a judge at London's High Court issued an injunction preventing local authority Basildon Council from clearing structures, including cars and mobile homes, from the site before another court hearing Friday. The news drew cheers from Travellers at the site, prompting chants of "We're not going to go!" as some protesters began unchaining themselves from the barricades.

THE ASSOCIATED PRESS

Flying Finn takes wing

Everyone dreams of flying like a bird All it takes is a suit with wings ... and a pair of rocket engines

JOHN PALMEN/FOR METRO

▶ Visa Parviainen, in his jet-powered wingsuit.

"Like most good ideas, it came from the vodka bottle" — this is how Finland's Visa Parviainen describes the decidedly extreme sport of jet-powered wingsuit flying. He talks to Metro about how it feels to fly sky high.

How did you come up with this idea?

I'm a big fan of skydiving. Over the last years I have made 2,300 jumps. One time I went out drinking with some hot-air-balloon pilots and we decided to unite our forces.

How does it work?

The engines I use are from a Dutch company that can take off the ground any object that weighs less than 80 kilograms. They were designed for model airplanes but they were also used by the military. These are real rocket engines.

How are they attached to your suit?

I have attached them to a pair of ice-hockey boots, which is great, as they are of a rigid and light design.

The first time I jumped out of that hot-air-balloon basket, it was terrifying. In spite of the fact that I was attached that time by safety wires to the balloon. But after 120 jumps, I have gotten used to it.

It looks and feels very natural. Simply imagine where you would like to go and fly there. I feel a great sense of pleasure.

Tell me honestly: What do you want to achieve?

Everyone in childhood dreamed of flying, of being able to take to the skies with just your body. Imagine that now this is possible. There is no feeling in the world that is closer than this.

SVYATOSLAV TARASENKO IN ST. PETERSBURG

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40	$13	$11	$16	$13	$24	$19	$41	$29
45	$16	$13	$23	$17	$33	$22	$57	$38
50	$17	$13	$33	$24	$52	$36	$96	$67
55	$25	$19	$53	$37	$86	$66	$168	$123
60	$37	$26	$86	$59	$160	$110	$310	$212
65	$61	$40	$146	$94	$282	$184	$551	$362
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U.S. Deficit

▶ U.S. President Barack Obama's Rose Garden speech is seen on a screen at a post on the floor of the New York Stock Exchange yesterday.

RICHARD DREW/THE ASSOCIATED PRESS

Obama throws down the gauntlet

In a blunt rejoinder to congressional Republicans, U.S. President Barack Obama called for $1.5 trillion US in new taxes yesterday, part of a 10-year deficit-reduction package. He vowed to veto any deficit-reduction package that cuts benefits to Medicare recipients but does not raise taxes on the wealthy and big corporations.

Parties dodging nuclear debate?

Issue takes back seat to discussion over renewable energy ◗ Front-runners pledge vigorous N-program

DECISION ONTARIO

Ontario is on the verge of a multibillion-dollar leap into a renewed nuclear future. But the issue has sparked almost no debate in the election campaign.

While noisy demonstrations and debates occur regularly about wind power, nuclear has slid beneath the surface.

Ontarians are still paying off the debt from the previous nuclear building campaign, which saw the former Ontario Hydro ring up billions of dollars in debt with no revenue stream to maintain it.

The Conservatives' Change Book is solidly in favour of nuclear, in preference to renewables. "We will focus on the proven technologies that are effective, efficient and clean; like natural gas, hydroelectric and nuclear," it says.

The Liberals' long term energy plan has received most attention for its commitment to renewable power. But it would keep 50 per cent of Ontario's power coming from nuclear. That means two huge projects. One, starting about 2016, is overhauling each of the four existing reactors at Darlington for mid-life refits.

The other is building two big new reactors at Darlington to come on stream early in the next decade, as the existing Pickering reactors reach the end of their expected lives.

TORSTAR NEWS SERVICE

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
- 91.67 (12,172.04)	- 1.11¢ (101.04¢ US)
Oil	**Natural gas**
- $2.26 US ($85.70 US)	1,000 cu ft $3.829 (+ 2.0¢)
	Gold contracts $1,778.90 (- $35.80)

New burger

Wendy's, which hasn't changed its burger since 1969, has done just that. Dave's Hot 'N Juicy, named after founder Dave Thomas, is now being served in U.S. restaurants. THE ASSOCIATED PRESS

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NETFLIX INC.

▶ This screen shot shows Qwikster.com, a new website service available soon from Netflix.

Netflix splits its business

Prices up 60% for some users who want both DVD and online service

Netflix Inc. is moving to separate the DVD-by-mail plan it built its business on from the online-streaming service it's betting will be the future of entertainment consumption.

The mail-order plan, which only operates in the United States, will be renamed "Qwikster."

In a few weeks, Netflix subscribers who want to get DVDs by mail will go to a separate website to access Qwikster.

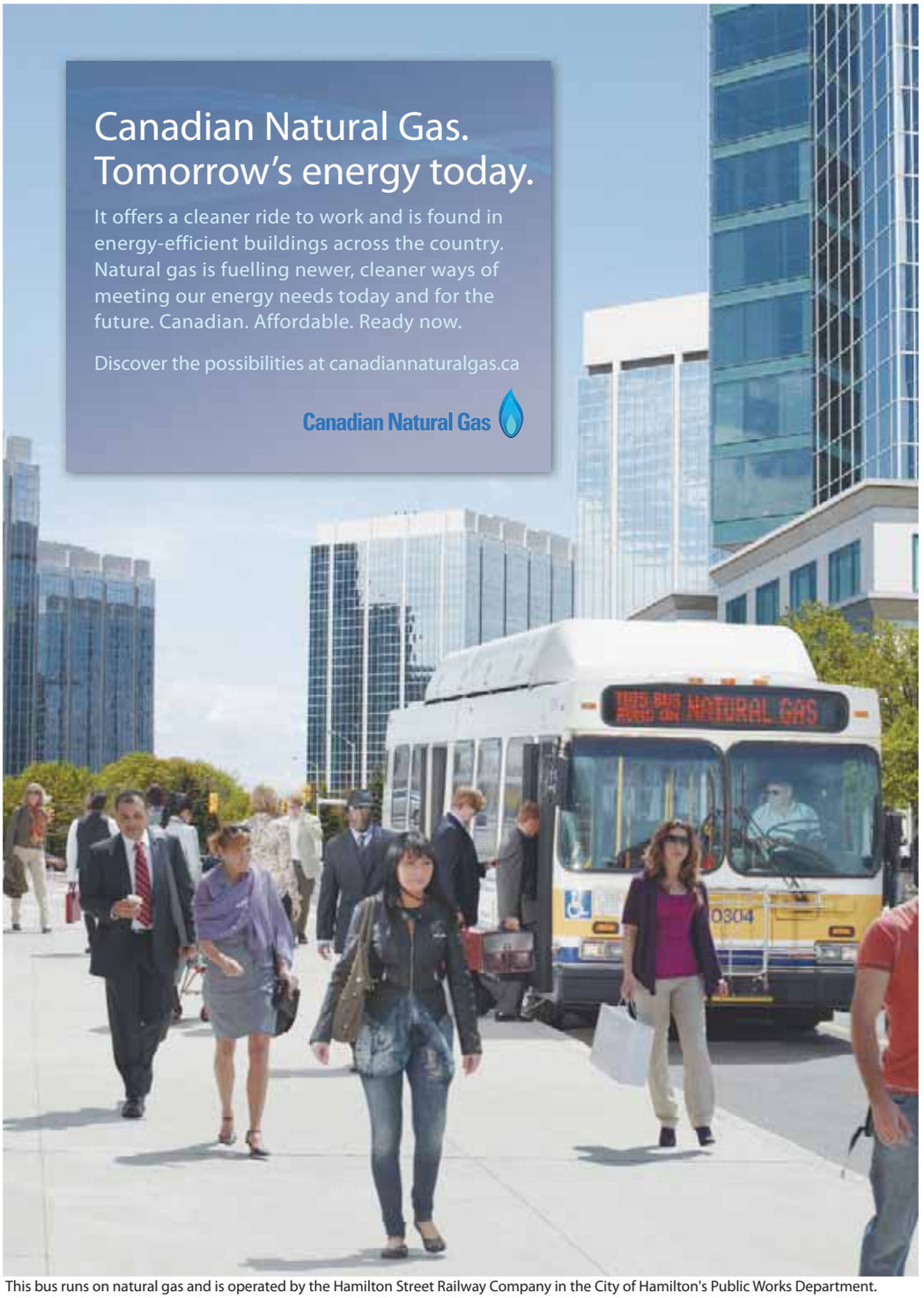
The streaming business will continue to be called Netflix.

The move appears to have no impact on Canadian Netflix subscribers who are estimated to number at about one million. In Canada, the company only offers online-streaming services, and chose to skip the mail-order option entirely when it launched about a year ago.

Under the new plan, U.S. members who subscribe to both mail and streaming services will have two entries on their credit card statements.

It's a risky bet. The amount of streaming content the company offers is still far less than the number of DVDs in its catalogue. And competition, from Hulu, Amazon, Coinstar's Redbox kiosks and other services is growing.

THE ASSOCIATED PRESS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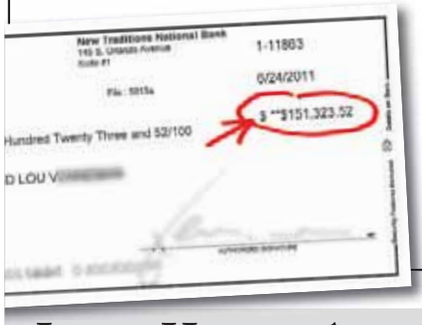

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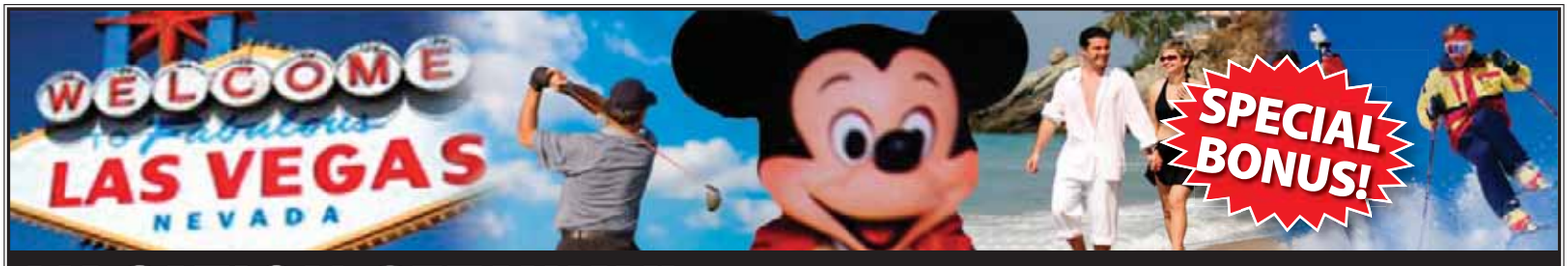

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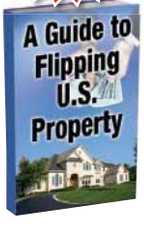

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UGGS, CROCS, YOGA PANTS AND NOW ... LEGGINGS

SHE SAYS ...

JESSICA NAPIER
METRO

Last week, MSN Travel released their top 10 list of the world's worst-dressed cities. Anyone familiar with international travel won't be surprised to learn that eight out of the 10 cities listed are in North America; two of those offenders are Canadian.

Ottawa, you're forgiven for your eighth-place ranking — as home to sensible-suit-clad politicians you've got more serious things to worry about than leopard print versus polka dots for fall.

Vancouver, on the other hand, rightly earns its spot in third-place for its yoga-pant epidemic. Those ubiquitous stretchy black pants seem permanently affixed to every woman (and most of the men) living in the Lower Mainland, regardless of whether or not they have plans to do Ashtanga.

"While they do resemble a trouser, leggings are never an acceptable substitute for proper leg wear unless you're a superhero or a cat burglar."

But here's the thing, yoga pants aren't really all that bad. Yes, wearing them as outwear when you're not en route to the gym reeks of laziness and an "I've given up" attitude, but at least they're functional as athletic wear.

Canada's biggest fashion faux pas is plaguing cities coast to coast. I'm talking of course about the yoga pant's ghastly cousin: Leggings. Despite what you might want to believe, leggings, in all of their questionable incarnations (pleather, patterned, embellished), are not pants. Don't be fooled. While they do resemble a trouser, leggings are never an acceptable substitute for proper leg wear unless you're a superhero or a cat burglar.

I'm not going to lie, I've been there. For years I worshipped at the altar of American Apparel. I purchased those black cotton Spandex jersey standbys in bulk, ensuring that when one pair ripped — because they always did — there would be three more understudies waiting to step in. Oh how I loved those merciful waistbands, keeping me blissfully ignorant of my winter weight gain.

But then, in a luminous moment of clarity, I realized just how unforgiving these stretchy staples really are. I was kidding myself with my black-is-slimming mentality. They don't disguise anything; they cling in an entirely shameful manner to every lump and bump from your torso onward. And so I banished them to the back of the closet and embraced structured leg wear.

I'll admit, I still slip up from time to time — usually when I'm running late for a hungover brunch date and I can't face the suffocating reality of denim. But whenever I'm tempted to reintroduce them into my regular wardrobe rotation, I just remind myself Lindsay Lohan designed an entire collection around this fashion DON'T.

Read more of Jessica Napier's columns at metronews.ca/shesays

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Do you think Remembrance Day should be a statutory holiday, as it is in most other provinces?

27%
NO

72%
YES

Local tweets

- **@TOMayorFord:** I believe that keeping our streets free from snow and dirt is a core function that we must do well. #Toronto #TOpoli #FB #servicereview
- **@stump58:** @TOMayorFord We can shovel our own windrows. Toronto residents could use the exercise.
- **@WilliamNorman:** Hey #ondp, a better way to promote ppl taking public transit would be to not subsidise gas guzzlers with a price fixing scheme #toronto
- **@I_am_Tyril_:** "@LeafsWire: Who's pumped up for tonight's game? #leafs #sens " HELL YEA!
- **@neilhuber:** Leafs pre-season starts tonight! I'm complete again. #Leafs
- **@spaluck:** Rainy Mondays call for oversized sweaters and pancakes. #newlaw
- **@CherylMurph:** This rainy day is refreshing and reminding me of Vancouver #embracingit
- **@JackRossAgent:** thinking about @PolarisPrize tonight and i'm thinking it's @austratalks or @heyrosetta to win the cash and bragging rights

Letters

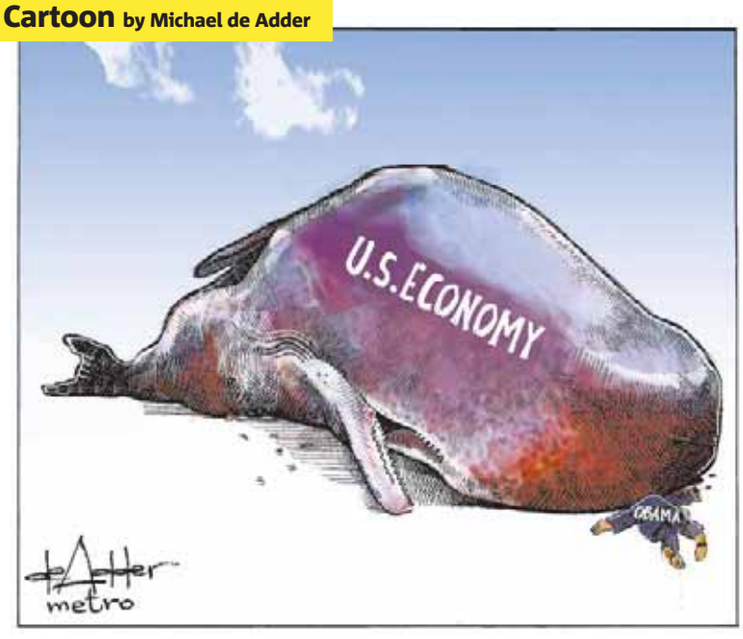
Re: Cities can't ban shark fins, report says, published Sept. 7.

In Canada, laws that ban hunting demonstrate Canada's motive of preserving and protecting wild animals.

Of course, we kill animals for food, but we do not kill to the point where we knowingly endanger the species. The Chinese community's claiming that banning shark fins will take away from their culture should not affect the decision-making process. By making sure that shark fins are banned, in the long run we can possibly save the sharks from becoming an endangered species. By allowing more time to pass, the shark species becomes closer to being part of endangered species. Chopping off the fin and letting the shark back into the ocean would allow bodily toxins to dissolve in water. This will also affect other marine life. There has to be a regulation that prevents the shark species from becoming a threatened species. Bylaws have to come into effect as soon as possible to help control this dilemma.

KUJAANY KANA
TORONTO

Cartoon by Michael de Adder



WEIRD NEWS

Catch me if you can: Man disguised as pilot escapes

A man who disguised himself as an airline pilot tried to enter a restricted area of a New Zealand airport and then escaped after he was challenged.

New Zealand police say they are looking for a man who on Saturday entered the Auckland Airport dressed in a white shirt with epaulets on his shoulders and a dark cap with a silver winged badge.

He was also carrying a large briefcase.

According to the police, the man tried to get into a restricted "airside" area before being challenged by ground staff.

The man then escaped from the airport and jumped into the passenger seat of a black Toyota van and drove away.

The incident is reminiscent of the 2002 movie Catch Me If You Can, which recounts the true story of a young con artist who successfully poses as an airline pilot before being caught by the FBI.

THE ASSOCIATED PRESS

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HANDOUT

▶ Cameron Crowe, left, directs Pearl Jame Twenty, which tells the story of Eddie Vedder and crew's success.

For the love of music

Director Cameron Crowe indulges his passion for music and Eddie Vedder in Pearl Jam Twenty

NED EHRBAR
SCENE@METRONEWS.CA

Music has always played a major part in director Cameron Crowe's films, with 2000's Almost Famous being perhaps the most music-centric.

So it was only a matter of time before he threw himself completely into a rock and roll documentary like he's done with Pearl Jam Twenty, about the iconic Seattle band.

"Almost Famous was about loving music and being a fan, and Pearl Jam Twenty is about loving music and being a band," Crowe explains.

The film premieres tonight in cities around the world as a one-night cinematic event before starting week-long runs in select cities Friday and heading to DVD October 25.

Accompanying the film is a comprehensive book by Jonathan Cohen with Mark Wilkerson and a two-disc soundtrack of live recordings and bootlegs hand-selected by Crowe.

Crowe, a longtime friend of the band, admits a lot of inspiration for the project came from Martin Scorsese's 2005 Bob Dylan documentary, No Direction Home, which also eschewed a traditional theatrical run.

"I felt so satisfied and inspired by that movie that I wanted to listen to more Bob Dylan," Crowe says.

"It felt like a Bob Dylan experience, and I thought that if we can make a movie the way a Pearl Jam record makes you feel, then we're in good shape."

The director, who managed to squeeze all the band members into his Seattle-set romantic comedy Singles back in 1992, insists this isn't your standard Behind the Music fare.

"I've always felt that the story of Pearl Jam is a great story," Crowe says.

"It's beyond just a rock story. In fact, it takes the usual rock story and turns it on its head.

"The usual rock story is incredible promise — brilliance, maybe. Tragedy cuts it short. And aren't we sad that we've lost this wonderful opportunity.

"Pearl Jam is exactly the opposite. It's a tragedy that was surmounted. And these guys found joy through survival, and studying what happened with rock before with some of their heroes."

For the band, while the amount of focus and introspection might be uncomfortable at first, they're more than happy with the finished product.

"Maybe it's good that this movie kind of happened now. We've been in grateful mode and appreciation mode of each other for, I think, for quite some time," says lead singer Eddie Vedder.

"It's a galvanizing kind of moment to look at each other. It doesn't happen that often. You look at all the crowd reaction, or the family that is the people that come to see the shows," Vedder says.

"It's just music. It's just guitars and drums and bass. To have it turn into this other thing is kind of a monument.

"I don't mean to self-aggrandize, but it's really something to see it and witness it, and, in this case, be reminded of it and have it right there in front of us so that we can appreciate it even more.

"And know that we have a really strong base to, like, cover the next 20."

Screenings

- Pearl Jam Twenty screens tonight at select theatres across Canada.
- Visit filmswelike.com for locations and times.

2 scene

Scene in brief

Stephen Colbert meeting Radiohead calls for an hour-long episode of The Colbert Report. The Comedy Central show will air its first hour-long episode Sept. 26, when Colbert sits down with the British rock group. Radiohead will perform four songs, featuring material off its most recent album, The King of Limbs.

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369

The opposite of Oprah

Maya Rudolph plays an insensitive talk show host on Up All Night

HANDOUT

▶ Maya Rudolph

AMBER RAY
SCENE@METRONEWS.CA

Maya Rudolph is not a childless, self-absorbed talk show host. She just plays one on TV.

"Yeah, I've got three kids, so I'm a crazy person," deadpans the former Saturday Night Live star, who reunites with executive producer Lorne Michaels for the new sitcom, Up All Night.

"The funny irony, really, is that I'm the one without the kid in the show."

Rudolph plays Ava, the demanding boss to Christina Applegate's new mom, Reagan (Will Arnett stars as the baby daddy).

Ava's cluelessness when it comes to the reality of raising a kid spikes on Reagan's first day back to work; the boss awkwardly pleas that they party in the name of work.

But Rudolph doesn't have to think back too far to remember what it was like to be perhaps over-invested in her own job.

"Anything outside of New York City when you had show week was really hard to fathom because everything for me was living, breathing SNL at the time," she says of her former gig. It's funny when you think back to the person that you thought you were going to be or you hold any sort of judgment over parents," Rudolph adds, reflecting on her character and younger self.

"You really don't know (what it's like to be a parent) until you have that experience."

Up and down

Prime Suspect
Play along with NBC's insistence that this isn't a remake of the British series starring Helen Mirren, and their star, Maria Bello, could be one of the most absorbing homicide detectives on television. (Airs Thursdays on Global.)

Whitney
Whitney has potential to be a smart commentary on modern relationships — until you meet the secondary characters. The central couple (Whitney Cummings and Chris D'Elia) has a likable goofiness, sarcasm and heart. But the sloppily written caricatures that surround the duo are painfully unlikable. (Airs Monday nights on CTV.)

ANDREW H. WALKER/GETTY IMAGES

▶ Michael 'The Situation' Sorrentino

Jersey taxpayers are DTF: Down to fund reality show

Gym, tanning and laundry are just a few things the state of New Jersey will be paying for after reality TV giant Jersey Shore will receive hundreds of thousands of dollars worth of taxpayers money.

The Associated Press reports show that New Jersey's Economic Development Authority approved $420,000 worth of production costs back in 2009, before the world ever knew the new meaning of "grenade."

The MTV reality TV show follows eight young housemates boozing and partying their way through New Jersey's beach-side bars. A boozing and partying rampage that New Jersey Governor Chris Christie thinks the town can do without. Governor Christie has been quoted in reports saying that the show casts a "negative" and inaccurate portrayal of New Jersey.

Surely that's not up for dispute. (Does anyone think Jersey Shore reflects well on the state of New Jersey?)

But local authorities in New Jersey have expressed their delight at the flurry of economic activity the production brings to the area.

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Bridesmaids

Genre: Comedy
Director: Paul Feig
Stars: Kristen Wiig, Maya Rudolph, Rose Byrne

The surprise summer hit Bridesmaids is smart, funny and frequently gross, three things that movies aimed at women supposedly aren't — or so the boys all think, anyway.

The fact is that the gals can be every bit as riotous and rude as the guys, but they aren't always given a chance to.

It's directed by a man, TV's Paul Feig, and men obviously enjoy it, but it's women who run away with the show.

SNL's bright light Kristen Wiig stars (and also co-writes with Annie Mumolo) as terminal failure Annie, a woman on the verge of a marital meltdown not of her making. Unlucky in love herself, and a recent failure in the bakery business, Annie is pulled into the mine field of wedding planning when her childhood BFF Lillian (Maya Rudolph) asks her to be her maid of honour.

Lillian neglects to tell her that she's also asked her new BFF Helen (Rose Byrne, deliciously bitchy) to do much the same job, which the affluent Helen is all too eager and capable to do. The inevitable friction between the two and the other brides (including a hilarious Melissa McCarthy from TV's Mike & Molly) continues on a road trip to Vegas, which will have you thinking of The Hangover, the boys-gone-wild smash of recent times.

PETER HOWELL

Conan O'Brien Can't Stop

Genre: Documentary
Director: Rodman Flender
Stars: Conan O'Brien, Andy Richter, Stephen Colbert

Where others might have speed-dialed the suicide-prevention hotline following the late-night lunacy of early 2010, Conan O'Brien instead called his travel agent. Humbled by his abrupt exit from The Tonight Show, and blocked from immediate TV work, the ginger-haired funnyman exorcised his demons in public.

His resulting 33-city touring song-and-joke variety show, captured by the documentary lens of Rodman Flender for Conan O'Brien Can't Stop, is combination therapy and screw-you retribution. It's also entertaining.

Flender doesn't belabour the events that led up to O'Brien's rise, fall and subsequent rise again (he has a new show on TBS) in the late-night wars. He rightly assumes that anyone who likes O'Brien enough to watch a doc about him already knows most of the back story.

But neither does Flender deliver a big sloppy valentine to O'Brien, who comes across as affable yet prickly during his coast-to-coast trek, which was dubbed "The Legally Prohibited from Being Funny on Television Tour."

Coco loses patience at times with his staff, his fans and even loyal sidekick Andy Richter, and doesn't care if people know it.

His mobile therapy seems to have worked. Just imagine how much he saved himself in psychiatric fees.

PETER HOWELL

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When the bed bugs do bite

New novel examines the anxiety surrounding creepy nocturnal critters

DOROTHY ROBINSON
SCENE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

It seems like a dream — a huge, two-bedroom in Brooklyn available for next to nothing.

Of course, Alex and Susan Wendt, characters in the new novel Bedbugs jump at it. But like all things real estate, there's no such thing as too good of a deal: The Wendts' new home seems to be infested with bedbugs.

Or is it? Could it be Susan is imagining it all? Ben H. Winters (author of the hit hybrid Sense and Sensibility and Sea Monsters) takes the anxiety of apartment living to new heights with his thriller, Bedbugs: A Novel. Here is his method behind the itchiness:

How bedbugs make the perfect monster

They are just rife with anxiety. Think about it: They come in the dark and are so hard to get rid of. We already live in such close quarters, so there is the dirtiness that seems to radiate out of these little bugs.

It feels so outside of our control and unsettling that there are little things that could be crawling on us and [we don't] even know it.

They are also the perfect literary device

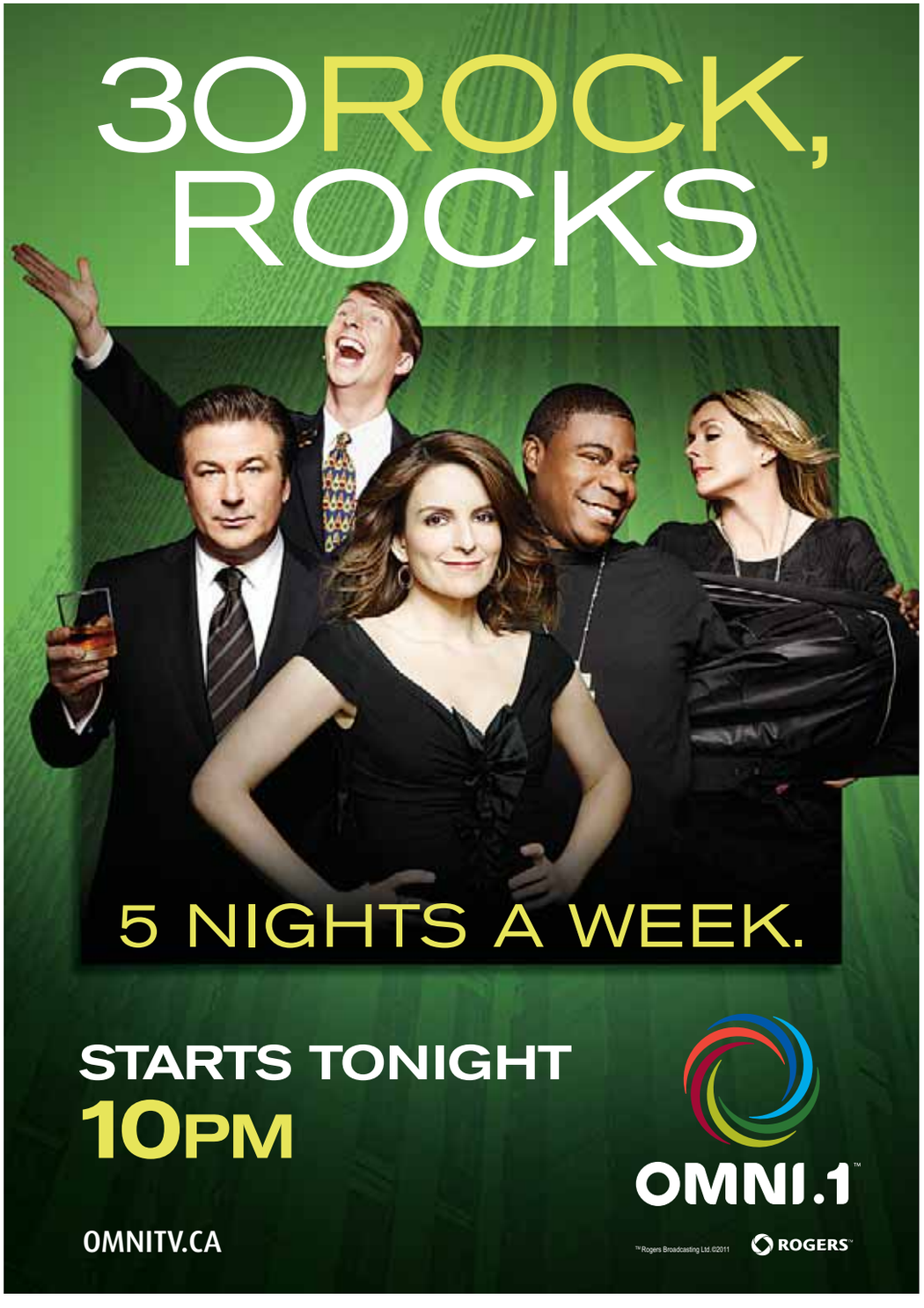
It's the tradition like The Turn of the Screw, or The Yellow Wallpaper — they are going through this horror but [Alex] can't get anyone to help her and she can't escape because where will she go? She has bedbugs. She is unwelcome in friends' homes.

How things got scary even for him

Once you start reading about [bedbugs] online, you can't stop thinking about them. I started kind of freaking out — imagining I was itching, noticing little marks on my body. I've never had them, thank God. And hopefully I will have warned them off by writing about them.

"Once you start reading about (bedbugs) online, you can't stop thinking about them. I started kind of freaking out"

AUTHOR BEN H. WINTERS ON THE ANXIETY BEDBUGS CAUSE



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Putting an end to processed meals

Teens can eat well with a fun and funny beginners cookbook that's full of advice

Young people who never learned to cook and who rely on take-out, prepared and processed food will find some pointers in the new edition of a book geared specifically for them.

Clueless in the Kitchen: A Cookbook for Teens by Evelyn Raab (Firefly Books. $14.95, paperback), promises novice cooks that they can eat well and have fun doing it.

"It's pretty astonishing, really, knowing the generation before this one pretty much lost their ability to cook from scratch," says the Canadian author, referring to many parents who have relied on processed meals as a necessity rather than a pleasure.

However, Raab says many young Canadians appear to be interested in home cooking.

"Young vegetarians did not understand that you just can't eliminate all the meat without finding some other alternative form of protein."

AUTHOR EVELYN RAAB

"But somehow being able to actually cook homemade dishes isn't automatic," she insists. "Someone has to tell them how to do that and how to start with the basics and have some successes, which empowers them to go out and try more things."

The book sets out to demystify shopping for food, cooking from scratch, reading recipes and how to decode abbreviations such as tsp (teaspoon) and other measures.

It also lists what cooking equipment is required, how to and where to store food and a hilarious chapter on basic kitchen sanitation — "a matter of life and death."

Raab encourages her young readers to not only shop at supermarkets, but also visit international grocery stores, bulk food stores and farmers' markets.

THE CANADIAN PRESS

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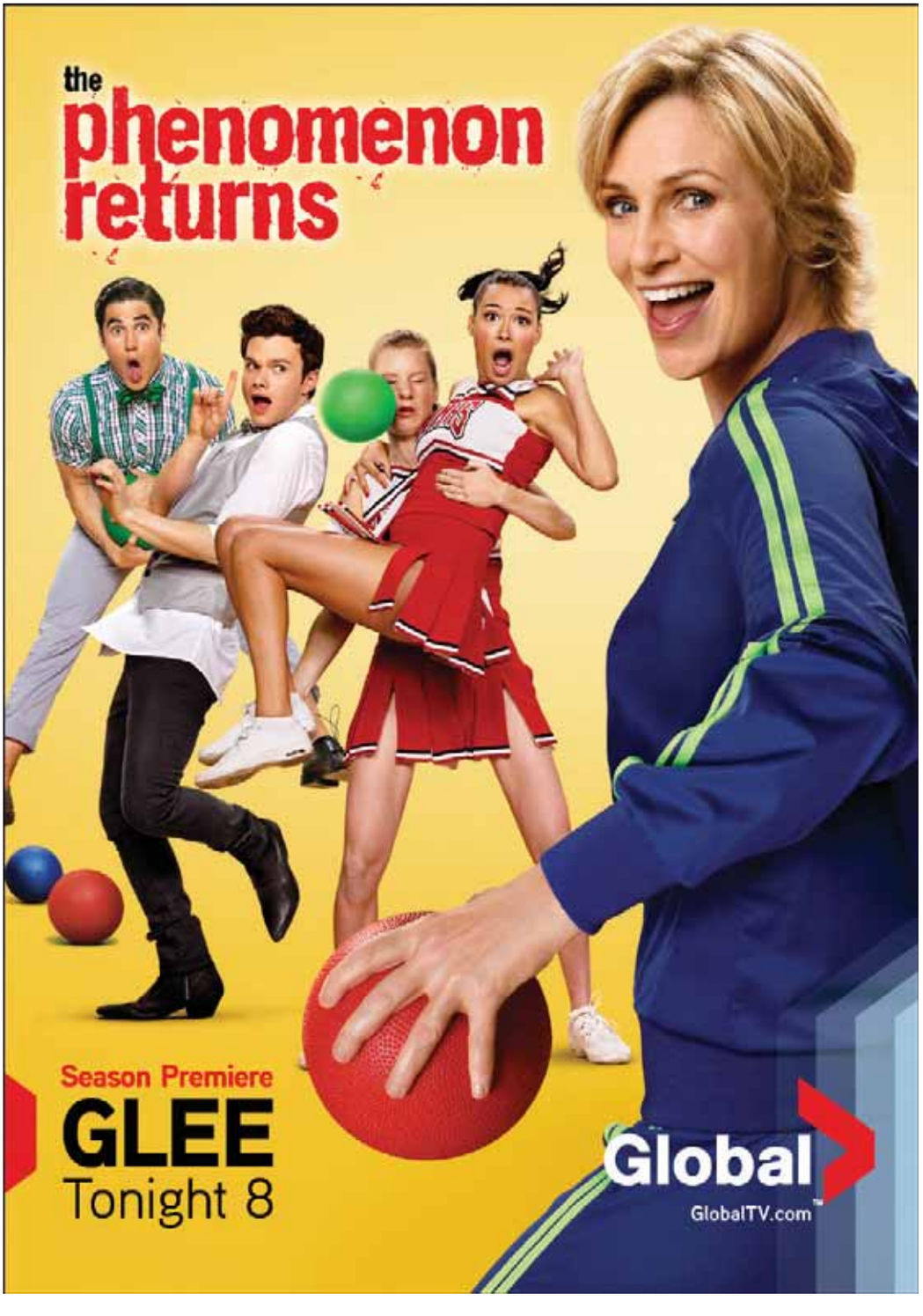

Alec Baldwin

Alec clears up absence

Actor sets record straight about skipping the Emmys

Alec Baldwin bowing out of the Emmys Sunday had nothing to do with a tiff over Rupert Murdoch-related humour.

The actor had allegedly refused to take part in a comedy sketch for the awards show after a joke he planned to make about the News of the World phone-hacking scandal was nixed by the show's network, Fox.

But Baldwin, who attended Tony Bennett's birthday party in New York that night, insists that had nothing to do with it.

"I skipped the Emmys because of this — because I wanted to be here," he told People magazine. "The Emmys have been in August for the last several years, but they moved to this date and I'd already committed to this." METRO

Has the king of crazy finally calmed down?

Maybe Charlie Sheen really is turning over a new leaf.

After a week of contrite and calm media appearances, the troubled actor took the Emmys stage to offer a mea culpa to his former co-workers.

"I want to take a moment to get something off my chest and say a few words to everybody here from Two and a Half Men," Sheen said while presenting the award for Outstanding Actor in a Comedy Series.

"From the bottom of my heart, I wish you nothing but the best for this upcoming season. We spent eight wonderful years together, and I know you will continue to make great television." METRO

Charlie Sheen

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Marc Anthony

A b-day reunion for Anthony and Lopez

For his 43rd birthday, Marc Anthony got a visit from soon-to-be ex-wife Jennifer Lopez, who visited Anthony at the Miami home they used to share this weekend, according to Us Weekly.

Lopez, on a break from filming What to Expect When You're Expecting, brought by the couple's three-year-old twins, Emme and Max.

When asked at a concert the night before if he and Lopez were remaining friends, Anthony responded, "Absolutely." METRO

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John Mayer calls in sick

John Mayer has had to cancel several upcoming performances after being diagnosed with granuloma, an inflamed nodule near his vocal chords, he wrote on his Tumblr blog recently.

"The record will be released next year instead of this fall or winter," Mayer says of his upcoming album.

"This is a temporary setback, though I'm not sure how long or short a period of time it will be. I've got the best doctors in the country looking after me and I will be singing and touring again as soon as I get the all clear.

Until then I'll be spending time writing and composing more music and kicking an empty soup can around the West Village." METRO

Celebrity tweets

@oliviawilde

If I'm remembered for one thing in life, it may be my ability to start spontaneous dance parties. Kids under 5 always dominate. i love kenya

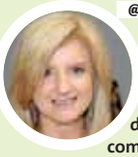
@SteveMartinToGo

I think @ConanOBrien is just about to steal a joke I'm just about to think up. So, I'm going to retro-think it up after he tweets it.

@adriangrenier

I really want to tell you how amazing the airplane bfast was on @VirginAmerica but I'm afraid you'll think I was paid :/ though I wasn't!

@ariannahuff



Have to say, with 15 million jobless, didn't see it coming that GOP nomination would hinge on HPV vaccine.

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Mila, Justin photos leaked?

Rumours of Timberlake's manbits making an appearance persist

Justin Timberlake and Mila Kunis are shrugging off reports that Kunis' phone was hacked last week, leading to the discovery of several steamy photos of the stars, according to People magazine.

"At no time did Mr. Timberlake and Ms. Kunis exchange inappropriate texts or emails," a joint statement from their reps reads.

"The insistence that there is any inappropriate correspondence between the two parties is entirely false."

One of the alleged photos was said to be of Kunis in a bathtub, while another reportedly featured male genitalia.

"We would like to confirm that the photo addressed in the media of Ms. Kunis was in fact not from any phone but from an inactive email account that has not existed in three years," the statement reads. METRO

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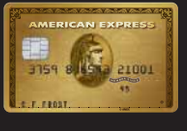

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3 life

Flu shot

As provinces get ready to roll out their annual flu shot programs, new research suggests vaccinating little kids could significantly reduce hospital visits during flu season. The study shows emergency department visits for flu-like complaints declined by 34 per cent.

THE ASSOCIATED PRESS

Lock up medications: More young kids getting inadvertently poisoned: study

ISTOCK PHOTO

▶ One expert says everyday painkillers are getting a bum rap.

Pregnancy and the pain

Director of Motherisk program at Sick Kids preaches talking to your physician, not panic

CELIA MILNE
LIFE@METRONEWS.CA

Can you safely take Advil while you are pregnant? Ask your doctor.

A new study from the University of Montreal has revealed a possible link between NSAID painkillers and miscarriage.

While this study is a useful reminder that women should be cautious about taking drugs in pregnancy, it certainly doesn't prove anything, says Dr. Gideon Koren, director of the Motherisk program at the Hospital for Sick Children in Toronto.

"It is a national sport in Canada to scare pregnant women, even through research which cannot prove the point," says Koren of the study.

"As a rule, Motherisk believes that in pregnancy women should not self-prescribe, but rather talk to their physicians on needs, benefits and risks."

Here's how the Montreal study worked: Using a Quebec registry of patients, researchers found 4,705 women who had had a miscarriage.

Each case was compared to 10 women in the registry who had not had a miscarriage.

They looked back over records to find out which women had been prescribed NSAIDs by a doctor. NSAIDs include celecoxib (Celebrex), rofecoxib (Vioxx), ibuprofen (Advil) and naproxen (Aleve).

They found that women who received at least one prescription for NSAIDs were more than twice as likely to have a miscarriage than women who did not.

The study, which was published in the Canadian Medical Association Journal, did not ask women whether they actually took the drugs, and did not include information about women taking over-the-counter Advil and Aleve.

"The study from Montreal has, we believe, major methodological problems that do not allow drawing a conclusion," says Koren.

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- **Helpseeking for mental health issues: The perspectives of young people**
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FDA says OZ claims are false

The U.S. Food and Drug Administration and a leading doctor are disputing claims by television show host Dr. Mehmet Oz that trace amounts of arsenic in many apple juice products pose a health risk.

Oz said on his show last week that testing by a New Jersey lab has found what he implied are concerning levels of arsenic in many juices.

However, the FDA says the lab methods were not appropriate and that its own tests show much lower arsenic levels. The agency warned the show's producers in advance that their testing was misleading.

Dr. Richard Besser, former acting head of the Centers for Disease Control and Prevention, also scolded Oz.

THE ASSOCIATED PRESS

Best Health Minute

BONNIE MUNDAY, EDITOR-IN-CHIEF, BEST HEALTH MAGAZINE

Not all fats are bad For optimum health, don't cut out all fats; you should eat healthy fats (meaning the monounsaturated/polyunsaturated) each day, according to Canada's Food Guide. But even some of those are better than others.

The following four foods are all good in that they are low in saturated fat and have zero cholesterol.

Here's what's in one tablespoon in terms of calories and fat:

- Olive oil 120 calories, 14 grams fat (2 grams saturated)
- Margarine (non-hydrogenated) 105 calories, 12 grams fat (2 grams saturated)
- Peanut butter 90 calories, 7 grams fat (1 gram saturated)
- Avocado 24 calories, 2 grams fat (1 gram saturated)

My pick as a spread is avocado, hands down When that midmorning hunger hits, there I am spreading a quarter of an avocado onto a piece of wholegrain toast or a few crackers. A squeeze of lime gives it some zip, and this is a snack that sets you up until lunch time.

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Attendee

NHLers and youth players were in attendance to stress the importance of concussions.

▶ **Player rep** Conference speaker Rob Zamuner, a player representative for the National Hockey League Players' Association, said concussions in the sport have become a hot topic — and that's a good thing, resulting in rule changes by the league aimed at preventing the brain injury.

Concussions have an impact on NHL

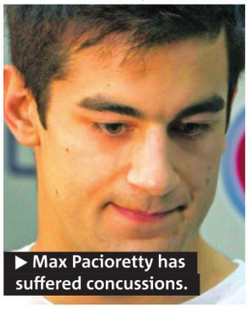
Brain injuries — and how to prevent them — top of mind as NHL training camps begin ◐ Few solutions

With blades hitting the ice with the start of NHL training camps last Saturday, the issue of concussions in hockey is top of mind for a group of doctors, researchers and players who want to educate the public about the potential long-term effects of the brain injury.

A public meeting held on the weekend at Toronto's St. Michael's Hospital looked at the situations under which concussions occur and how they can be prevented, with a focus on teaching young players about the dangers of head trauma and how to better protect themselves.

"There's still an attitude out there that brain injury is like a broken arm," said neurosurgeon Dr. Michael Cusimano, who helped organize the conference. "We take our brains for granted, and we need to have people realize that you can't take your brain for granted."

RYAN REMIORZ/THE ASSOCIATED PRESS



▶ Max Pacioretty has suffered concussions.

Michael Hutchison, a post-doctoral fellow in injury prevention at St. Mike's, presented findings from a study of almost 200 concussions that occurred among NHL players from the start of the 2007 season to mid-season 2010.

By analyzing video clips of incidents that led to those brain injuries, Hutchison found that, not surprisingly, most are caused by direct hits to the head involving actions by other players — predominantly head shots with a shoulder, elbow or gloves. The study also showed that forwards incurred more concussions than defencemen.

THE CANADIAN PRESS

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▶ Engagement rings are based on the promise of marriage.

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The ring is based on the promise of marriage. Therefore when this promise doesn't happen, keeping the ring puts your bride in the wrong.

We wouldn't want the bride to appear opportunistic and thus greedy. And between us, I personally believe by returning the ring she will surround herself with good karma for the next great man in her life!

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3 People watching play-by-play
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104 Dundas St E
491A Dundas St W
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1484 Queen St W
1887 Queen St E
1267 St. Clair Ave W
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2456 Lakeshore Ave W
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680 Rexdale Blvd, Unit 4
2032 Weston Rd

North York
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1343 Lawrence Ave W
1030 Sheppard Ave W, Unit 3
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Markham
Pacific Mall, Unit D56
3255 Hwy 7 E, Unit 118

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655 Victoria Park Ave, Unit 2
3850 Sheppard Ave E, Unit 0570
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Parkway Mall
Bridlewood Mall
Chartwell Shopping Centre
1004 Pape Ave
1885 Kennedy Rd
4320 Kingston Rd

Changing the vegan game

Vegan waffles, sausage, gluten-free Tortilla Salad — yes, it's possible

Hogtown Vegan's Southern-inspired cuisine is among the best in Toronto

LUNCH RUSH

STEPHANIE DICKISON
FOOD@METRONEWS.CA

Whatever your preconception of vegan food is, throw it out the window because HV has some of the best food of the city — meat or no meat.

For starters, the menu is exciting. The Southern-inspired dishes make it hard to choose just one. The new brunch menu features many dishes from its regular menu with a few enticing breakfast choices.

Hogtown Vegan
834 Bloor St. W. (near Ossington)
416-901-9779
Reservations: Yes
Licensed: No
Social lunch: Yes
Rating: 5 out of 5

STEPHANIE DICKISON

▶ Nut-free Maple Sausage Waffle ($12).

Secondly, the food is extraordinary.

Vegan food can be bland, boring and a little odd. But the nut-free Maple Sausage Waffle ($12) features scintillating "sausages" that will make meat-lovers look twice.

Gluten-free Tortilla Salad ($9) features a vibrant mix of hearty black beans, guacamole and house-fried corn tortillas that rivals any made at Mexican joints in the city.

And a side of garlicky Collard Greens ($3.50) transports the South north of the border.

You no longer have to sacrifice health for taste. Vegan food has been transformed, Toronto.

Correction

In yesterday's Metro, Rose Reisman's Swap It identified a Starbucks Pumpkin Scone as having 78 g of fat instead of 78 g carbs.

THE CANADIAN PRESS H/O

Avgolemono Soup

Preparation:

1. In large saucepan over medium-high, melt butter. Add onion, carrots and garlic, sauté until onions and carrots are tender, 6 mins.
2. Add broth and bring to simmer. Add orzo and thyme, cook for 6 mins. or until orzo just tender but not mushy.
3. In medium bowl, whisk eggs and lemon juice. Ladle out 250 ml (1 cup) of broth and drizzle it into eggs while whisking. Remove saucepan from heat. While whisking broth and vegetables in saucepan, slowly pour in egg mixture. Whisk until smooth, then season with salt and black pepper.

THE ASSOCIATED PRESS

Ingredients:

- 15 ml (1 tbsp) butter
- 1 yellow onion, diced
- 250 ml (1 cup) shredded carrots
- 2 cloves garlic, finely minced
- 1 l (4 cups) chicken broth
- 50 ml (1/4 cup) orzo pasta
- 5 ml (1 tsp) finely chopped fresh thyme
- 3 eggs
- 45 ml (3 tbsp) lemon juice
- Salt and black pepper

Chowder means soup season

This one-pot fish chowder with its bold flavours originates in Chile

Preparation:

1. In a large Dutch oven or saucepan, heat oil over medium-high heat. Add onions and cook until tender, about 5 minutes. Add cumin, coriander, turmeric, salt and red pepper flakes; cook, stirring for 1 minute. Add rice and pumpkin or squash. Stir in broth and bay leaves, scraping any bits from the bottom of the pan. Cover and let simmer gently, stirring often for 20 minutes. Add fish and cook, covered, 10 minutes more, or until fish is opaque.
2. Sprinkle with parsley.

THE CANADIAN PRESS

Ingredients:

- 30 ml (2 tbsp) olive oil
- 2 onions, chopped
- 5 ml (1 tsp) each ground cumin and coriander
- 2 ml (1/2 tsp) turmeric
- 5 ml (1 tsp) coarse salt
- 2 ml (1/2 tsp) red pepper flakes
- 125 ml (1/2 cup) long grain white rice
- 1 kg (2 lb) pumpkin or squash, peeled and diced
- 1 l (4 cups) fish or chicken broth
- 2 bay leaves
- 500 g (1 lb) skinless haddock or cod fillets, cut into chunks
- 50 ml (1/4 cup) chopped fresh parsley

THE CANADIAN PRESS/ USA RICE FEDERATION (GEOFF GEORGE)

▶ This recipe serves four.

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SAVE FOR SCHOOL

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

Look way past your family's immediate back-to-school costs of books, calculators and clothing. According to TD Bank, a small child today will be faced with approximately $80,000 in post-secondary education expenses.

Parents naturally want what's best for their kids, but the sheer price tag of education leaves them wondering how they're going to make it happen.

Rest assured; education is the most lucrative investment you can make in your child. According to the National Graduate's Survey, their long-term income earning ability is up to a million dollars greater than someone without post-secondary. Plus they'll benefit from more flexibility to pursue a career they're passionate about.

Planning ahead using the Registered Education Savings Plan (RESP) is the best way for families to save for a child's education.

The major benefits of the RESP are; first, money grows through the power of compounded returns; second, the growth is tax-deferred and; third, the government gives you free money toward the plan.

Start now. As soon as your child is born, or once you read this, open an RESP account for them. All you need is a Social Insurance Number for your child and a 30 minute appointment with your financial advisor.

A professional advisor will assist you in selecting the right investments for the RESP portfolio.

Contribute regularly. Every time you get paid, automatically contribute to the RESP that same day.

RESPs are the way forward

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Jack is only 3 ½ years old but he has a portfolio. With $1,600 in his RESP (Registered Education Savings Plan), he is starting down a lifelong path of saving and investing.

Since he's my grandson, my goal is to make sure that his nascent portfolio grows happily and safely until he heads off into the post-secondary world.

With some predicting that the cost of a four year degree will hit $100,000 by the time he is of university age, I'd rather he have a shot at higher learning without being encumbered by a debt that will haunt him well into his 30s.

His parents, Jeff and Claudia (my daughter), have all the usual challenges of young moms and dads from mortgages and car loans to saving for their retirement, not to mention all the wants that assail young homeowners from new carpeting to upgrading their kitchen. It's tough to find extra dollars for savings. Do they put those scarce funds in a TFSA (tax-free savings account), RRSP, RESP or devote the money to paying down debt?

Every situation is different, but in Jeff and Claudia's case, I'd rather a bit of money be devoted to Jack's RESP every month than to their RRSPs, if they have to make the choice.

And that's because education is a shorter-term obligation. Jack will be heading off to college or university decades before Jeff and Claudia retire.

While RRSPs provide a tax deduction, the CESG (Canada Education Savings Grant), tops up RESP contributions by 20 per cent on the first $2,500 contributed.

ISTOCK

▶ Alison's money rule: Free government money makes RESPs the best deal going for young families.

Higher income families will get a little less on the first $500 and lower income families more, but the average Canadian can count on that grant annually up to a maximum of $7,200 over the life of the plan.

Once the money is inside an RESP you have to decide what to do with it. I posed this question to Jack as he hammered the siding on my house with his new tools. He didn't have an answer. Jeff and Claudia don't have an answer either.

A bank advisor, eager to sell investment products, has already contacted them. Should they go with mutual funds? And if so, which of the 15,000 are their best bet?

Next week I'll tell you what I told them. **CONTACT ALISON AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM**

Tuition hikes eclipse inflation rate for second straight year: StatsCan

Canadian undergrads are paying way more than the inflation rate in tuition hikes this year.

Statistics Canada reports full-time students paid an average of 4.3 per cent more in tuition this fall than they did last year, when tuitions rose four per cent.

Inflation was 2.7 per cent between July 2010 and July 2011.

StatsCan says undergraduate students are paying an average of $5,366 in tuition fees in 2011-12, up from $5,146 a year ago.

Increases ranged from 1.4 per cent in Manitoba to 5.1 in Ontario.

New Brunswick ended three years of frozen tuition fees with a 3.6 per cent increase, while tuitions in Nova Scotia rose 4.3 after three years of declines.

On average, undergraduate students in Ontario paid the highest fees in Canada, at $6,640, followed by students in New Brunswick who paid $5,853.

Undergrads in Quebec and Newfoundland and Labrador continued to have the lowest average fees, $2,519 and $2,649 respectively.

Graduate students paid an average of $5,599 in tuition fees for the 2011-12 academic year, up 3.7 per cent.

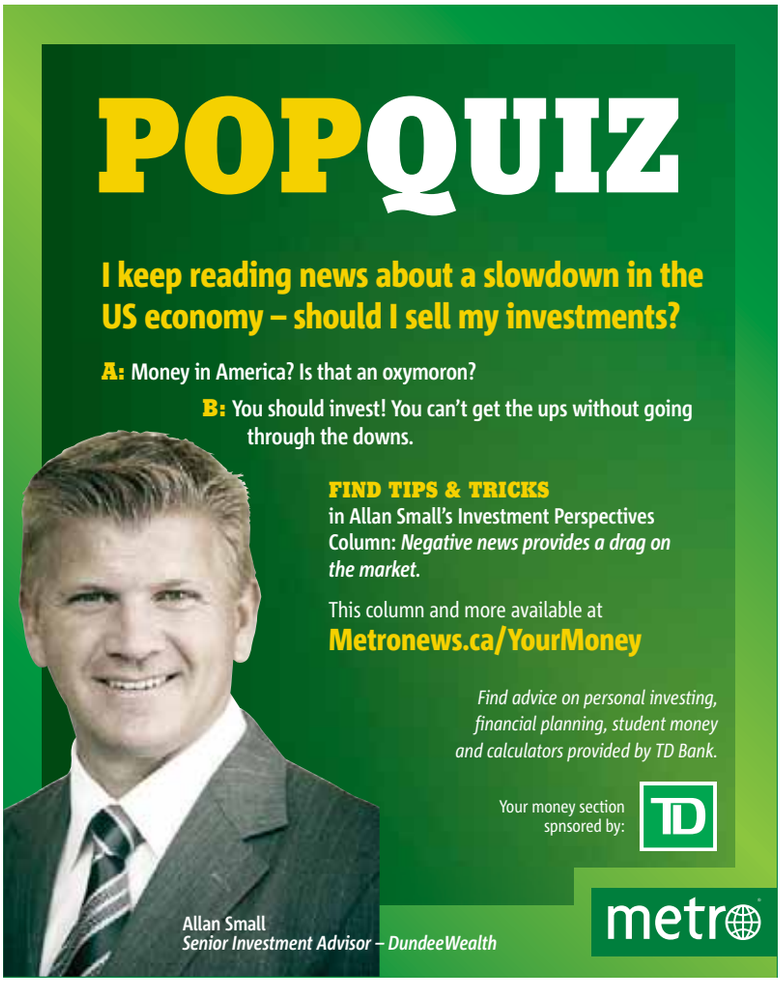
THE CANADIAN PRESS

ISTOCK

▶ Undergrads in Quebec and Newfoundland and Labrador currently have the lowest average fees.

Lucky province

- **Tuition fees** rose in all but one province, Newfoundland and Labrador, where they have been frozen since 2003-04.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WORKPLACE WINNERS ALWAYS WELCOME

WORKPLACE LAW

DANIEL LUBLIN
DAN@TORONTO-EMPLOYMENTLAWYER.COM
TWITTER: @DANLUBLIN

Last week I introduced you to my favourite workplace "losers"; those people who just love to fail, and why their idiosyncrasies often cost them their own cases. But Canadian workplaces have a number of "winners" as well. These people play the game right and they often come out ahead. Here are some of their winning attributes:

The Peacemaker

Companies do not value employees who create or participate in stupid arguments as much as those that avoid them. The Peacemaker understands this concept and avoids workplace quarrels, especially those between colleagues and he or she never takes sides in a meaningless dispute. Rather, the Peacemaker offers an objective opinion and unbiased advice.

The Stoic

Employees have a tendency to seek instant gratification, usually to their own detriment. When they are denied a raise or a promotion, most will complain and they will do so immediately. The problem with them, however, is not what they say it is when they say it. But the Stoic is different. He or she is cool under pressure and patient when it matters most. More importantly, the Stoic understands when not to complain.

ISTOCK

▶ While a quarrelsome nature may be lurking in the background, a workplace winner knows how to keep things cool and professional when faced with a fickle confrontation.

The Opportunist

In law, just like in life, timing is everything. The Opportunist knows this concept well and lurks for an opportunity to take advantage of a good situation. The Opportunist may not be the best at whatever he or she does at work but by being in the right place at the right time, they get credit from their employers.

The Optimist

No one likes a grouch at work. This is not news to the Optimist, because he or she is valued by an employer for a positive attitude, even if it is sometimes a facade.

The Game Changer

Employers obviously value employees who make a difference more than those who just sit on the fence. But the Game Changer does more than just contribute. He or she is strategic and savvy, so their involvement usually leads to success.

DANIEL LUBLIN IS AN EMPLOYMENT LAWYER WITH WHITTEN & LUBLIN LLP.

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Bozak scores twice as Leafs beat Sens

Phaneuf shows his physical side with big hit that sparks fight

FRANK GUNN/THE CANADIAN PRESS

▶ Maple Leaf Colby Armstrong is stopped by Senators goaltender Alex Auld last night.

Tyler Bozak scored twice in the third period as the Toronto Maple Leafs opened their pre-season campaign with a 4-2 win over the Ottawa Senators last night.

Colby Armstrong opened the scoring for the Maple Leafs with a power-play goal in the first with Bozak drawing an assist. Carl Gunnarsson had the Leafs' second goal on another power play in the second.

Jared Cowen scored both of Ottawa's goals, one in the second and the other in the third as a number of regulars were absent from both clubs in their first exhibition game of the season.

4	2
LEAFS	SENATORS

After Ottawa picked up two quick hooking penalties early in the first, Leafs captain Dion Phaneuf lit up a relatively quiet 18,556 fans at the Air Canada Centre with a hit on Ottawa's Tim Conboy in the Ottawa zone. That drew the attention of Cowen, who jumped in for a fight with Phaneuf.

Phaneuf got an elbowing penalty for the initial hit while Cowen got the instigator minor and a 10-minute misconduct in addition to fighting majors for both players.

Buoyed by their captain's physical play, the Maple Leafs took the lead at 5:30 of the first period. After taking a cross-ice pass from Tyler Bozak, Jake Gardiner fired in a hard pass to Armstrong, who banged the puck past Ottawa goaltender Alex Auld from close range.

Toronto had chances throughout the first to add to their lead. Just past the 11-minute mark, Auld was caught well out of his net when he tried to play the puck. But Toronto couldn't capitalize and eventually the play was stopped when the net was knocked off.

THE CANADIAN PRESS

Lind lifts Jays to extra-inning victory

Adam Lind drove home the winning run in the 10th inning with a ground ball to first base as the Toronto Blue Jays defeated the Los Angeles Angels 3-2 last night.

Mike McCoy led off the bottom of the 10th on an error charged to shortstop Erick Aybar. Eric Thames followed with a single against left-hander Scott Downs (6-3).

Jose Bautista forced Thames at second but the Angels couldn't turn the double play and McCoy went to third.

Lind hit a grounder to right-fielder Torii Hunter, who was brought into the infield, but the throw home was off the mark and the winning run scored on what was ruled a fielder's choice.

The unearned run came after the Angels couldn't do anything in the top of the inning with a leadoff double by former Blue Jay Vernon Wells against Casey Janssen (6-0).

Blue Jays starter Ricky Romero pitched nine strong innings, allowing both his runs on homers by Hunter and Mark Trumbo.

THE CANADIAN PRESS

Danton comes to aid of convulsing teammate

Mike Danton played the hero in his opening game of the Swedish league.

The former NHL player, who served five years behind bars for a failed murder-for-hire plot, rushed to the aid of IFK Ore teammate Marcus Bengtsson, who was convulsing on the ice after a hard hit in Sunday's season-opener.

Danton, 30, was released from prison in 2009 and then played two seasons with Saint Mary's Huskies in Canadian university hockey before signing this summer with IFK Ore, which plays in the third tier of Sweden's pro system.

"One of the luxuries of my prison experience afforded me to take a first aid course and become certified in first aid response," Danton wrote in his blog on the website of DT, a Swedish newspaper.

According to Danton's blog, Bengtsson took a late hit with about 14 minutes left in the game against Soderhamn/Ljusne. He lay on the ice suffering convulsions for six or seven minutes.

"As his eyes continued to roll into the back of his head, his mouth finally opened a bit," wrote Danton, who is captain of the Swedish team. "It was at that time that I jammed my fingers into his mouth and clawed his tongue."

Bengtsson was taken to hospital in Mora, about a 35-minute drive from Furudal. Danton wrote that Bengtsson was alert in hospital but had no memory of the incident.

IFK Ore went on to win the game 4-3.

Danton scored nine goals in 87 NHL games with the St. Louis Blues and New Jersey Devils. He helped Saint Mary's win its first Canadian university hockey championship while maintaining a straight A average.

The Brampton native had hoped for a return to the NHL after his parole ended in January, which lifted his restrictions on travel.

THE CANADIAN PRESS

4 sports

Quoted

"That's foolish on our part medically to put time frame out there."

PHILADELPHIA EAGLES HEAD ATHLETIC TRAINER RICK BURKHOLDER, ON WHEN MICHAEL VICK MIGHT BE READY TO PLAY. VICK SUFFERED A CONCUSSION ON SUNDAY WHEN HE WAS SPUN AROUND BY A DEFENDER AND SLAMMED INTO RIGHT TACKLE TODD HERREMANS.

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Argos president stands by coach

Nicholson says he's not about to make a change

The Toronto Argonauts are last in the East Division with the CFL's worst record but president Bob Nicholson isn't poised to make a coaching change.

Toronto headed into the 2011 campaign buoyed with optimism following last year's 9-9 record that not only returned it to the CFL playoffs but secured head coach/GM Jim Barker the league's coach-of-the-year award. But on Saturday, the Saskatchewan Roughriders rallied for a 30-20 home win and handed the Argos (2-9) a third straight loss and ninth in 10 games.

"Absolutely none," Nicholson said yesterday when asked if he had any thoughts regarding a change. "I have complete confidence in the team, Jim Barker and his staff and believe we will get the ship righted."

Up next

The Argos host league-leading Winnipeg (8-3) on Saturday before facing Hamilton on Oct. 1.

Toronto has plenty of ground to make up. It trails third-place Hamilton (5-6) with both teams having seven regular-season games remaining, including two head-to-head.

The Argos have four home games remaining, presenting Nicholson with the stiff challenge of trying to drum up support for a struggling football team in a competitive sports market that also features baseball's Toronto Blue Jays and soccer's Toronto FC and the Toronto Maple Leafs having opened training camp.

Many CFL teams depend on attendance to generate a significant portion of their operating revenue. However, given the Argos' struggles they're averaging just 20,117 spectators to date.

"With hockey ramping up and us struggling, it's certainly harder to get noticed," Nicholson said. "It certainly will be an increased challenge to sell tickets."

THE CANADIAN PRESS

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New York	92	60	.605	—
Boston	87	66	.569	5½
Tampa Bay	85	67	.559	7
Toronto	78	75	.510	14½
Baltimore	63	89	.414	29

CENTRAL DIVISION

	W	L	Pct	GB
x-Detroit	89	64	.582	—
Cleveland	75	76	.497	13
Chicago	74	78	.487	14½
Kansas City	67	87	.435	22½
Minnesota	59	93	.388	29½

WEST DIVISION

	W	L	Pct	GB
Texas	88	65	.575	—
Los Angeles	83	70	.542	5
Oakland	69	84	.451	19
Seattle	64	89	.418	24

x — clinched playoff berth

Yesterday's results
Baltimore 6 Boston 5 (1st game)
N.Y. Yankees 6 Minnesota 4
Seattle 12 Cleveland 6 (7 innings)
Toronto 3 L.A. Angels 2 (10 innings)
Sunday's results
Toronto 3 N.Y. Yankees 0
L.A. Angels 11 Baltimore 2
Tampa Bay 8 Boston 5
Chicago White Sox 10 Kansas City 5
Cleveland 6 Minnesota 5
Detroit 3 Oakland 0
Texas 3 Seattle 0
Today's games
Chicago White Sox (Floyd 12-11) at Cleveland (Carmona 6-15), 1:05 p.m. (Doubleheader)
Tampa Bay (W.Davis 10-9) at N.Y. Yankees (Nova 15-4), 7:05 p.m.
L.A. Angels (Pineiro 6-7) at Toronto (Cecil 4-9), 7:07 p.m.
Baltimore (VandenHurk 0-0) at Boston (Bedard 5-9), 7:10 p.m.
Detroit (Penny 10-10) at Kansas City (Mendoza 0-0), 8:10 p.m.
Seattle (Vargas 8-13) at Minnesota (Hendriks 0-2), 8:10 p.m.
Texas (D.Holland 14-5) at Oakland (Harden 4-3), 10:05 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
x-Philadelphia	98	54	.645	—
Atlanta	87	67	.565	12
New York	73	80	.477	25½
Washington	72	79	.477	25½
Florida	70	84	.455	29

CENTRAL DIVISION

	W	L	Pct	GB
Milwaukee	90	63	.588	—
St. Louis	84	69	.549	6
Cincinnati	74	80	.481	16½
Pittsburgh	68	85	.444	22
Chicago	67	86	.438	23
Houston	53	100	.346	37

WEST DIVISION

	W	L	Pct	GB
Arizona	88	65	.575	—
San Francisco	83	70	.542	5
Los Angeles	76	76	.500	11½
Colorado	70	82	.461	17½
San Diego	65	88	.425	23

x — clinched playoff berth

Last night's results
St. Louis 4 Philadelphia 3
Houston 3 Cincinnati 2
Florida 6 Atlanta 5
Milwaukee at Chicago Cubs
San Diego at Colorado
Pittsburgh at Arizona
Sunday's results
Milwaukee 8 Cincinnati 1
Washington 4 Florida 3
N.Y. Mets 7 Atlanta 5
Houston 3 Chicago Cubs 2
San Francisco 12 Colorado 5
Arizona 5 San Diego 1
L.A. Dodgers 15 Pittsburgh 1
St. Louis 5 Philadelphia 0
Today's games
Washington (Detwiler 2-5) at Philadelphia (K.Kendrick 8-6), 1:05 p.m. (Doubleheader)
Atlanta (Delgado 0-1) at Florida (Ani.Sanchez 8-8), 7:10 p.m.
Houston (Norris 6-10) at Cincinnati (H.Bailey 8-7), 7:10 p.m.
Milwaukee (Marcum 12-7) at Chicago Cubs (R.Wells 7-4), 8:05 p.m.
N.Y. Mets (Pelfrey 7-12) at St. Louis (E.Jackson 5-2), 8:15 p.m.
San Diego (Latos 7-14) at Colorado (Chacin 11-12), 8:40 p.m.
Pittsburgh (Morton 9-10) at Arizona (D.Hudson 16-10), 9:40 p.m.
San Francisco (Lincecum 13-12) at L.A. Dodgers (Kershaw 19-5), 10:10 p.m.

BLUE JAYS 3, ANGELS 2 (10 INN.)

Los Angeles	ab	r	h	bi	Toronto	ab	r	h	bi
MIzturs 3b	4	0	0	0	McCoy ss	5	1	0	0
BAreu dh	4	0	1	0	EThms lf	4	0	3	0
HKndrc 2b	4	0	0	0	Bautist rf	4	0	1	0
TrHntr rf	4	1	2	1	Lind dh	5	0	0	1
Trumo 1b	4	1	1	1	Encrnc 1b	3	0	1	0
V.Wells lf	4	0	2	0	Wise pr-cf	0	0	0	0
Bourjos cf	3	0	0	0	KJhnsn 2b	4	1	2	0
Aybar ss	4	0	1	0	Lawrie 3b	2	1	0	0
BoWlsn c	3	0	0	0	Rasms cf	3	0	0	0
Callasp ph	1	0	0	0	JMolin ph	1	0	0	0
Mathis c	0	0	0	0	Cooper 1b	0	0	0	0
					Arencii c	4	0	2	2
Totals	35	2	7	2	Totals	35	3	9	3

Los Angeles	010	010	000	0—2
Toronto	000	200	000	1—3

One out when winning run scored.
E—J.Williams (2), Aybar (13). DP—Los Angeles 1, Toronto 1. LOB—Los Angeles 4, Toronto 9. 2B—V.Wells (14), Arencibia (20). HR—Tor.Hunter (21), Trumbo (28). CS—K.Johnson (2), Arencibia (1). S—Bourjos, Lawrie.

Los Angeles	IP	H	R	ER	BB	SO
J.Williams	6 1-3	6	2	0	3	3
Takahashi	1	0	0	0	1	1
Cassevah	2-3	1	0	0	0	0
S.Downs L,6-3	1 1-3	2	1	0	0	1
Toronto						
R.Romero	9	6	2	2	0	5
Janssen W,6-0	1	1	0	0	0	1

T—2:49. A—11,178 (49,260).

CFL

WEEK 13

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Winnipeg	11	8	3	0	265	252	16
Montreal	11	6	5	0	340	276	12
Hamilton	11	5	6	0	296	308	10
Toronto	11	2	9	0	226	320	4

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Edmonton	11	7	4	0	267	250	14
Calgary	11	7	4	0	288	290	14
B.C.	11	5	6	0	292	244	10
Saskatchewan	11	4	7	0	267	303	8

Friday's game
All Times Eastern
Montreal at Edmonton, 9 p.m.
Saturday's games
B.C. at Saskatchewan, 4 p.m.
Winnipeg at Toronto, 7 p.m.
Sunday's game
Calgary at Hamilton, 1 p.m.

NHL

PRE-SEASON

Yesterday's results
Nashville (ss) 5 Florida (ss) 3
Toronto 4 Ottawa 2
Buffalo 3 Carolina 1
Nashville (ss) at Florida (ss)
Tonight's games
All Times Eastern
Philadelphia at Toronto, 7 p.m.
Winnipeg (ss) at Columbus (ss), 7 p.m.
Nashville vs. Washington (at Baltimore), 7 p.m.
Dallas at Montreal, 7:30 p.m.
Tampa Bay at St. Louis, 8 p.m.
Columbus (ss) at Winnipeg (ss), 8:30 p.m.
Chicago vs. Edmonton (ss) (at Saskatoon), 9 p.m.
Vancouver (ss) at Calgary (ss), 9 p.m.
Minnesota at Edmonton (ss), 9 p.m.
Phoenix at Anaheim, 10 p.m.
Calgary (ss) at Vancouver (ss), 10 p.m.

CIS FOOTBALL

WEEK FOUR

ATLANTIC CONFERENCE

	GP	W	L	T	PF	PA	Pt
Acadia	2	2	0	0	81	19	4
Saint Mary's	2	1	1	0	64	25	2
Mt. Allison	2	0	2	0	37	90	0
St. F. Xavier	2	0	2	0	19	98	0

QUEBEC CONFERENCE

	GP	W	L	T	PF	PA	Pt
Laval	3	3	0	0	100	49	6
Sherbrooke	3	2	1	0	91	76	4
Concordia	3	2	1	0	88	63	4
Montreal	3	2	1	0	49	47	4
Bishop's	3	1	2	0	77	73	2
McGill	3	0	3	0	35	101	0

ONTARIO CONFERENCE

	GP	W	L	T	PF	PA	Pt
Western Ontario	3	3	0	0	175	56	6
Windsor	3	2	1	0	98	66	4
McMaster	3	2	1	0	68	69	4
Ottawa	3	2	1	0	67	55	4
Toronto	3	2	1	0	36	58	4
Wilfrid Laurier	3	1	2	0	121	106	2
Guelph	3	1	2	0	85	69	2
Queen's	3	1	2	0	66	80	2
York	3	1	2	0	35	74	2
Waterloo	3	0	3	0	53	171	0

CANADA WEST CONFERENCE

	GP	W	L	T	PF	PA	Pt
Calgary	3	3	0	0	116	57	6
Saskatchewan	3	2	1	0	87	43	4
British Columbia	3	2	1	0	86	70	4
Manitoba	3	2	1	0	79	71	4
Alberta	3	0	3	0	57	100	0
Regina	3	0	3	0	21	105	0

Friday's games
All Times Eastern
Sherbrooke at Concordia, 7 p.m.
Saskatchewan at Calgary, 10 p.m.
Saturday's games
Saint Mary's vs. Mount Allison, 12 noon (at Moncton, N.B.)
Windsor at Waterloo, 1 p.m.
Queen's at York, 1 p.m.
McMaster at Guelph, 1 p.m.
Western Ontario at Wilfrid Laurier, 1 p.m.
Toronto at Ottawa, 1 p.m.
Montreal at Bishop's, 1 p.m.
Regina at Alberta, 3 p.m.
Manitoba at British Columbia, 4 p.m.
St. Francis Xavier at Acadia, 6 p.m.
Sunday's game
McGill at Laval, 1 p.m.

NFL

WEEK TWO

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
New England	2	0	0	1.000	73	45
Buffalo	2	0	0	1.000	79	42
N.Y. Jets	2	0	0	1.000	59	27
Miami	0	2	0	.000	37	61

SOUTH

	W	L	T	Pct	PF	PA
Houston	2	0	0	1.000	57	20
Jacksonville	1	1	0	.500	19	46
Tennessee	1	1	0	.500	40	29
Indianapolis	0	2	0	.000	26	61

NORTH

	W	L	T	Pct	PF	PA
Cincinnati	1	1	0	.500	49	41
Baltimore	1	1	0	.500	48	33
Cleveland	1	1	0	.500	44	46
Pittsburgh	1	1	0	.500	31	35

WEST

	W	L	T	Pct	PF	PA
Oakland	1	1	0	.500	58	58
San Diego	1	1	0	.500	45	52
Denver	1	1	0	.500	44	45
Kansas City	0	2	0	.000	10	89

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Washington	2	0	0	1.000	50	35
Philadelphia	1	1	0	.500	62	48
Dallas	1	1	0	.500	51	51
N.Y. Giants	0	1	0	.000	14	28

SOUTH

	W	L	T	Pct	PF	PA
New Orleans	1	1	0	.500	64	55
Tampa Bay	1	1	0	.500	44	47
Atlanta	1	1	0	.500	47	61
Carolina	0	2	0	.000	44	58

NORTH

	W	L	T	Pct	PF	PA
Green Bay	2	0	0	1.000	72	57
Detroit	2	0	0	1.000	75	23
Chicago	1	1	0	.500	43	42
Minnesota	0	2	0	.000	37	48

WEST

	W	L	T	Pct	PF	PA
San Francisco	1	1	0	.500	57	44
Arizona	1	1	0	.500	49	43
St. Louis	0	1	0	.000	13	31
Seattle	0	2	0	.000	17	57

Last night's result
St. Louis at N.Y. Giants
Sunday's results
Atlanta 35 Philadelphia 31
Buffalo 38 Oakland 35
Cleveland 27 Indianapolis 19
Dallas 27 San Francisco 24 (OT)
Denver 24 Cincinnati 22
Detroit 48 Kansas City 3
Green Bay 30 Carolina 23
Houston 23 Miami 13
New England 35 San Diego 21
New Orleans 30 Chicago 13
N.Y. Jets 32 Jacksonville 3
Pittsburgh 24 Seattle 0
Tampa Bay 24 Minnesota 20
Tennessee 26 Baltimore 13
Washington 22 Arizona 21

TENNIS

ATP BRD NASTASE TIRIAC TROPHY

At Bucharest, Romania
Singles — First Round
Joao Souza, Brazil, def. Tommy Robredo (5), Spain, 6-4, 7-6 (5).
Frederico Gil, Portugal, def. Jeremy Chardy, France, 2-6, 6-4, 6-3.

WTA WANLIMA GUANGZHOU INTERNATIONAL OPEN

At Guanzhou, China
Singles — First Round
Petra Martic (4), Croatia, def. Chang Kai-chen, Taiwan, 6-4, 6-4.
Urszula Radwanska, Poland, def. Anastasia Rodionova, Australia, 7-6 (5), 6-4.
Noppawan Lertcheewakarn, Thailand, def. Zheeng Saisai, China, 7-5, 6-0.
Doubles — First Round
Liang Chen and Tian Ran, China, def. Alona Bondarenko and Mariya Koryttseva, Ukraine, 4-6, 6-3, 12-10 (tiebreak).

ATP MOSELLE OPEN

At Metz, France
Singles — First Round
Gilles Muller (8), Luxembourg, def. Philipp Petzschner, Germany, 7-6 (2), 7-6 (5).
Marcos Baghdatis, Cyprus, def. Matthias Bachinger, Germany, 7-5, 6-2.
Doubles — First Round
Michael Kohlmann and Alexander Waske, Germany, def. James Cerretani, U.S., and Philipp Marx, Germany, 6-3, 7-5.
Kenny de Schepper and Arnaud Clement, France, def. Jamie Delgado and Jonathan Marray, Britain, 6-3, 4-6, 10-7 (tiebreak).

WTA HANSOL KOREA OPEN

At Seoul, South Korea
Singles — First Round
Dominika Cibulkova (4), Czech Republic, def. Arantxa Parra Santonja, Spain, 6-3, 7-5.
Klara Zakopalova, Czech Republic, def. Ayumi Morita, Japan, 6-3, 6-4.
Alexandra Dulgheru, Romania, def. Arantxa Rus, Netherlands, 2-6, 6-0, 7-5.
Doubles — First Round
Vera Dushevina, Russia, and Galina Voskoboeva (2), Kazakhstan, def. Akgul Amanmuradova, Uzbekistan, and Ekaterina Makarova, Russia, 6-4, 6-4.
Klaudia Jans-Ignacik and Alicja Rosolska (4), Poland, def. Erika Takao and Remi Tezuka, Japan, 6-2, 6-1.
Maria Jose Martinez Sanchez, Italy, and Francesca Schiavone, Italy, def. Irina-Camelia Begu, Romania, and Polona Hercog, Slovenia, 3-6, 7-5, 10-8 (tiebreak).

RUGBY

WORLD CUP

At Sites In New Zealand

FIRST ROUND

Last night's result
At Nelson
Italy vs. Russia
Sunday's results
At Napier
France 46 **Canada 19**
At Dunedin
England 41 Georgia 10
At Hamilton
Wales 17 Samoa 10
Tonight's game
At Whangarei
Tonga vs. Japan, 3:30 a.m.
Thursday's game
At Auckland
South Africa vs. Namibia, 4 a.m.

GOLF

PGA FEDEXCUP LEADERS

Through Sept. 18

	Points	Money
1. Webb Simpson	5,261	$5,621,043
2. Dustin Johnson	3,841	$4,167,561
3. Justin Rose	3,748	$3,249,420
4. Luke Donald	3,625	$5,418,548
5. Matt Kuchar	3,349	$4,038,587
6. Brandt Snedeker	3,094	$3,405,339
7. Nick Watney	2,516	$4,682,673
8. Chez Reavie	2,513	$2,152,267
9. John Senden	2,474	$2,127,914
10. Jason Day	2,459	$3,690,647
11. Gary Woodland	2,228	$3,163,016
12. Steve Stricker	2,205	$3,816,785
13. K.J. Choi	2,134	$4,016,024
14. Phil Mickelson	2,110	$3,536,288
15. Mark Wilson	1,973	$3,025,677
16. David Toms	1,958	$3,695,690
17. Jonathan Byrd	1,945	$2,776,034
18. Bubba Watson	1,927	$3,335,411
19. Adam Scott	1,920	$3,492,797
20. Keegan Bradley	1,883	$3,548,200
21. Hunter Mahan	1,851	$2,639,540
22. Jason Dufner	1,806	$2,867,460
23. Vijay Singh	1,798	$2,208,650
24. Geoff Ogilvy	1,789	$1,706,594
25. Bill Haas	1,788	$2,648,637
26. Charles Howell III	1,709	$2,217,756
27. Aaron Baddeley	1,692	$2,676,026
28. Y.E. Yang	1,663	$2,185,265
29. Fredrik Jacobson	1,660	$2,325,925
30. Bo Van Pelt	1,619	$2,104,546
Did not advance to fourth playoff event		
31. Martin Laird	1,589	$2,661,089
32. Charl Schwartzel	1,560	$2,604,558
33. Camilo Villegas	1,532	$1,231,918
34. Kyle Stanley	1,523	$1,417,044
35. Rory Sabbatini	1,493	$2,420,655
36. Jim Furyk	1,468	$1,441,690
37. Ryan Moore	1,465	$1,942,906
38. Jerry Kelly	1,450	$1,397,685
39. Brian Davis	1,438	$1,308,009
40. Zach Johnson	1,414	$1,880,406
41. Charley Hoffman	1,369	$1,447,171
42. Chris Kirk	1,332	$1,877,627
43. Rickie Fowler	1,323	$2,084,681
44. Sergio Garcia	1,317	$1,524,091
45. Lucas Glover	1,305	$1,759,327
46. Robert Karlsson	1,297	$1,779,815
47. Spencer Levin	1,287	$2,000,889
48. Carl Pettersson	1,284	$1,348,230
49. Steve Marino	1,262	$1,975,076
50. Jimmy Walker	1,252	$1,336,556

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Columbus	29	11	10	8	35	37	41
Kansas City	29	10	9	10	43	37	40
Philadelphia	28	9	7	12	36	30	39
Houston	30	9	9	12	38	39	39
New York	28	7	6	15	43	38	36
D.C. United	26	8	8	10	37	38	34
Chicago	28	5	8	15	33	37	30
Toronto	30	6	12	12	32	52	30
New England	29	5	12	12	32	46	27

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-Los Angeles	29	16	3	10	43	22	58
Seattle	29	14	6	9	46	31	51
Real Salt Lake	27	14	7	6	38	22	48
Dallas	29	13	9	7	36	32	46
Colorado	30	10	9	11	40	39	41
Portland	28	10	12	6	36	41	36
Chivas USA	29	7	12	10	34	36	31
San Jose	28	6	11	11	30	37	29
Vancouver	28	4	14	10	28	46	22

x — clinched playoff berth.
Note: Three points for a win, one for a tie.
Tomorrow's games
All Times Eastern
Chivas USA at D.C. United, 7:30 p.m.
Real Salt Lake at New York, 8 p.m.
San Jose at Portland, 10:30 p.m.

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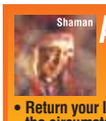
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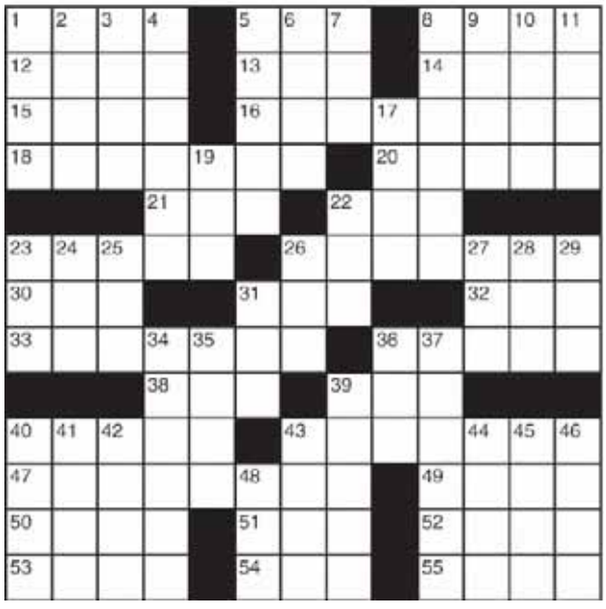
Crossword



Across

1 Padlocked fastener
5 Pigpen
8 Human heart, basically
12 Always
13 Before
14 Sandwich cookie
15 Note from the boss
16 Staff with robots?
18 Ape, e.g.
20 Pie-in-the-face sound
21 — de deux
22 Same (Pref.)
23 Verbalizes, Biblically
26 Weather conditions
30 White wine aperitif
31 Stir-fry pan
32 Trotted
33 Mosque leader's office
36 "The Silence of the —"
38 "— Impossible"
39 Help
40 Thingamajig (Var.)
43 Enliven
47 Quite close
49 "American —"
50 Gangster's subordinate
51 Dress in
52 Tiers
53 Hosiery woe
54 Suitable
55 Slave to crosswords?

Down

1 Rope fibre
2 State with conviction
3 Big truck
4 On time
5 Airplane furniture
6 Verifiable
7 Nevertheless
8 Cheerleader's prop
9 Caspian Sea feeder
10 Transcending (Pref.)
11 Versifier
17 Bone (Pref.)
19 Backrub response
22 Sort
23 Enjoy Aspen
24 Intention
25 Playwright Levin
26 Miler Sebastian
27 Branch
28 Bill
29 Type measures
31 Lbs., ozs., et al.
34 Acting out wordlessly
35 Teeny bit
36 Roman 52
37 Put on a pedestal
39 Regarding
40 Showbiz jobs
41 Part of the loop
42 Old portico
43 On
44 Commotions
45 It may be painted red
46 Otherwise
48 Oklahoma city

▶ Yesterday's answer

M	A	I	M		F	E	B		E	C	H	O
I	N	C	A		L	E	A		S	H	A	G
D	O	O	R		A	L	B	A	C	O	R	E
I	N	N	I	N	G		A	T	H	O	M	E
			S	U	P	T		E	E	C		
S	Y	C	A	M	O	R	E		W	H	E	T
A	A	H		B	L	O	A	T		O	R	E
C	H	E	F		E	L	S	I	N	O	R	E
		S	U	N		L	I	M	O			
C	O	T	T	O	N		N	E	T	H	E	R
O	M	N	I	V	O	R	E		I	O	T	A
M	A	U	L		S	I	S		C	O	N	Y
A	N	T	E		E	M	S		E	T	A	S

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today's horoscope

♈ Aries March 21-April 20 Stay positive, and great things will happen.

♉ Taurus April 21-May 21 You still have enough time to put the finishing touches to something of a creative nature.

♊ Gemini May 22-June 21 If you somehow get involved in a dispute between friends or relatives today you must be even-handed.

♋ Cancer June 22-July 22 Change is good and positive.

♌ Leo July 23-Aug.23 If you want something enough you will find a way to get it, but it may cost you more than you expected.

♍ Virgo Aug. 24- Sept. 22 You will always get another chance. Don't put pressure on yourself unnecessarily.

♎ Libra Sept. 23-Oct. 23 You are on the cusp of a wonderful new phase.

♏ Scorpio Oct. 24-Nov. 22 Focus on what you desire today and you might just get it.

♐ Sagittarius Nov. 23-Dec. 21 If you throw in the towel now you will regret it later when the omens turn in your favour.

♑ Capricorn Dec. 22-Jan. 20 Make use of the Sun's last days in helpful Virgo to finalize your plans. Then, when the Sun crosses the career angle of your chart on Friday, you can act with the confidence of knowing you will succeed.

♒ Aquarius Jan. 21-Feb. 18 Whatever kind of news you receive today, don't take it too seriously.

♓ Pisces Feb. 19-March 20. You need to make a decision about a partnership or relationship matter, and you need to make it soon.

SALLY BROMPTON

Sudoku

	1		2	9				
	3		5				9	7
		5	4			2		
						8	6	5
4				6				9
6	5	8						
		9			7	4		
1	8				2		5	
				8	9		3	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

7	3	1	6	9	2	8	5	4
4	2	5	7	1	8	3	6	9
9	8	6	4	3	5	7	1	2
5	7	9	3	2	1	4	8	6
1	6	8	9	4	7	2	3	5
2	4	3	5	8	6	1	9	7
8	9	4	2	5	3	6	7	1
6	1	2	8	7	9	5	4	3
3	5	7	1	6	4	9	2	8

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

My Sugarbear
Hey Babe, love you very much! Even with all thats going on right now I will always have your back because you have always had my back and I respect that so much! I don't know what I would do without you. Age, Race, none of that matters when you got someone thats real to you and loves you for you! Keep your head up baby, your all mine and always will be, can't wait to cuddle you again and see you smile! =) Never let anyone bring you down, your a star in my eyes! **FROM CANDYSWEETZ**

Lake
As a river I am in love with lake. Sometimes it takes longer to reach the shore, but it eventually does. So be patient and stay strong n keep your heads up. You are my one n only true love L. Take care. Smile pl.:):) **FROM RIVER**

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PILL WORLD
SMALL PORTIONS, BIG FLAVOUR ON THE MENU {page 7}

FUTURE GENETICS
PARENTS TO CREATE THEIR OWN SIDNEY CROSBY {page 4}

WHEELS OF TOMORROW
GREEN AND STYLISH {page 9}

TORONTO metro®

September 20, 2031
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News worth sharing.

DAVID VAN DYKE/PHOTO ILLUSTRATION/FOTOSEARCH.COM

Drawing the future

Youth of today are in control of what their lives will look like in 2031 Metro teams up with a group of young writers to get a glimpse of what the future holds

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Born to be … anyone you want

Did you want to be an athlete or a rock star? Genetics screening will help detect predispositions toward certain skills, strengths and attributes

Ever wonder what you were born to be? The next Katy Perry? Or Sidney Crosby? Well, 20 years from now, you won't be wondering — you'll know.

Here's how: Genetic screening in early childhood will detect specific genes that offer a predisposition to certain skills, allowing parents to direct their children toward careers that they were just born to have.

"There are already options available to test for things like traits," said Jill Davies, director of genetics at Medcan Clinic in Toronto. "You can predict what a person's eye colour will be, or whether they're going to be sprint runners."

Consider this: ACTN3 is a gene found in many elite-level athletes. A variation in this gene can determine whether an individual is predisposed to success in endurance sports, speed and power sports, or a combination of the two.

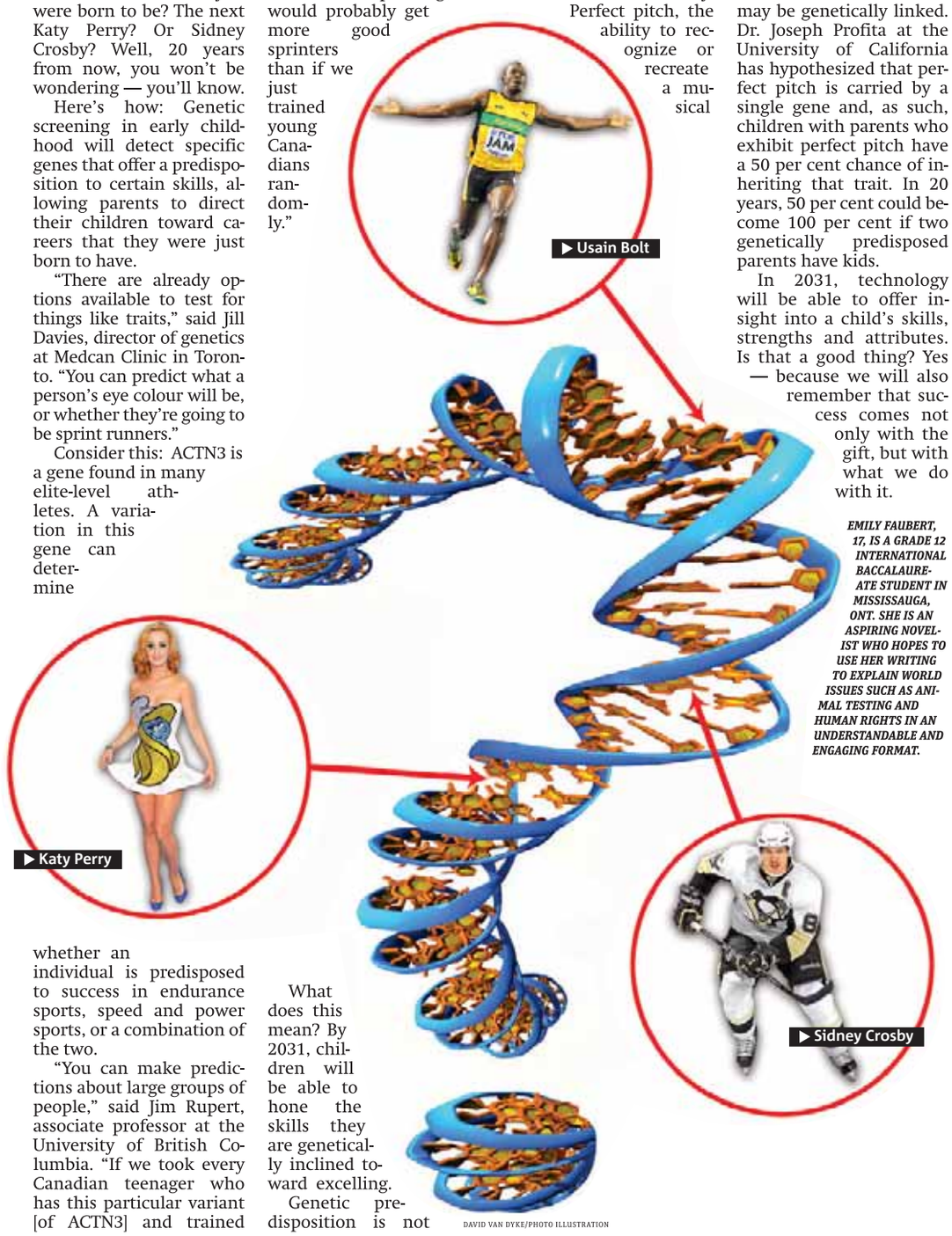
"You can make predictions about large groups of people," said Jim Rupert, associate professor at the University of British Columbia. "If we took every Canadian teenager who has this particular variant [of ACTN3] and trained them all for sprinting, we would probably get more good sprinters than if we just trained young Canadians randomly."

What does this mean? By 2031, children will be able to hone the skills they are genetically inclined toward excelling.

Genetic predisposition is not limited to athletic ability. Perfect pitch, the ability to recognize or recreate a musical note, is another trait that may be genetically linked. Dr. Joseph Profita at the University of California has hypothesized that perfect pitch is carried by a single gene and, as such, children with parents who exhibit perfect pitch have a 50 per cent chance of inheriting that trait. In 20 years, 50 per cent could become 100 per cent if two genetically predisposed parents have kids.

In 2031, technology will be able to offer insight into a child's skills, strengths and attributes. Is that a good thing? Yes — because we will also remember that success comes not only with the gift, but with what we do with it.

EMILY FAUBERT, 17, IS A GRADE 12 INTERNATIONAL BACCALAUREATE STUDENT IN MISSISSAUGA, ONT. SHE IS AN ASPIRING NOVELIST WHO HOPES TO USE HER WRITING TO EXPLAIN WORLD ISSUES SUCH AS ANIMAL TESTING AND HUMAN RIGHTS IN AN UNDERSTANDABLE AND ENGAGING FORMAT.



DAVID VAN DYKE/PHOTO ILLUSTRATION

EDITOR'S NOTE

Welcome to 2031!

We have seen the future — and we want to share it with you.

Metro's Future Daily began with a simple idea. What will Canada and the world look like 20 years from now? When we reached out to our network of young writers, the response was overwhelming. Story ideas ranged from technology, education and science to the future of media, the environment, fashion and food.

With so many incredible ideas, the scope of the project doubled and the issue began to take shape. We wanted it to be innovative, creative and cutting edge. We found ourselves working with a diverse lineup. It seemed that our writers wanted to focus on issues that reflected their passion, and not just their creativity. So began our summer project…

The stories you will read here reflect the vision of young people across Canada. There is something here for everyone. If you are a businessperson, you may find it interesting to read Tarini Chandak's vision for a mainstream business model based on social entrepreneurship.

Flip the pages to discover what foods we will be eating in 2031 and how we will conserve our planet's water supply. Explore crowd-accelerated innovation with Selin Jessa, as she delves into the theory behind the online video movement.

Want to know whether your children and grandchildren can be superkids? Read Emily Faubert's vision for genetic predetermination. And there's more…

We, young writers and dreamers of this age, have tapped into our limitless optimism to compile this issue to bring you our vision of an alternate future — a future that is free of apathy and band-aid solutions.

Let us all take a step toward that sustainable future. Here's to piloting the next 20 years and beyond!

The Editorial Team

THE FUTURE DAILY EDITORIAL TEAM, LED BY FREE THE CHILDREN STAFF, IS COMPOSED OF FIVE YOUNG, ASPIRING JOURNALISTS WHO ARE PART OF THE JUNIOR JOURNALISM PROGRAM RUN BY FREE THE CHILDREN.

"By 2031 I would love to see a cure for most if not all of the world's terminal illnesses. I would also love to see a world where every human being is treated equally and can equally access and enjoy the resources of the world."

SHAWN DESMAN,
JUNO AWARD-WINNING CANADIAN POP ICON AND PRODUCER

"By 2031, I'd like to see the gap between rich and poor narrow significantly. Whether on an individual, local or international level, it is such an obvious issue that I think the world must deal with (it)."

AISLINN PAUL
ACTRESS, DEGRASSI

LAST ONE TO THE 4TH DIMENSION IS A BIOENGINEERED EGG.

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Finding a life on Mars

Moving to Mars means we could continue our patterns of unsustainable living ◐ We just need a replacement planet ◐ Venus also has potential

It's a sad day when pollution is so heavy the air tastes like dirt. All the while, icebergs are melting, cities are flooding and forests are being destroyed.

The world's population is using 20 per cent more natural resources than the Earth can produce and there is an ever-increasing population and ever-decreasing food supply. What the world needs is a fair, cheap and easy solution.

I shall therefore humbly propose my own thoughts. I have been assured by a reliable Internet blog that there is a great opportunity to colonize Mars. It has a rich environment of carbon dioxide that could be developed into an atmosphere suitable for humans.

Therefore, I propose that mankind move to Mars and leave Earth to become a desolate wasteland. Mars is approximately half the size of Earth so only half the population should be permitted to move to Mars. Immigrants will be selected based on a key criteria — those who have leading roles in society (celebrities, corporate leaders and politicians).

There is a dual purpose in sending these people to Mars. It is well known that governing bodies control action taken toward climate change and many corporations are the leading cause of pollution. If these people are sent to Mars, the degradation of Earth will be slowed down so a few more generations can live a quiet existence.

Don't mention other solutions — of cutting consumption, of green transportation and of sustainable living — until there is any glimmer of hope that people will make a sincere attempt to put them into practice.

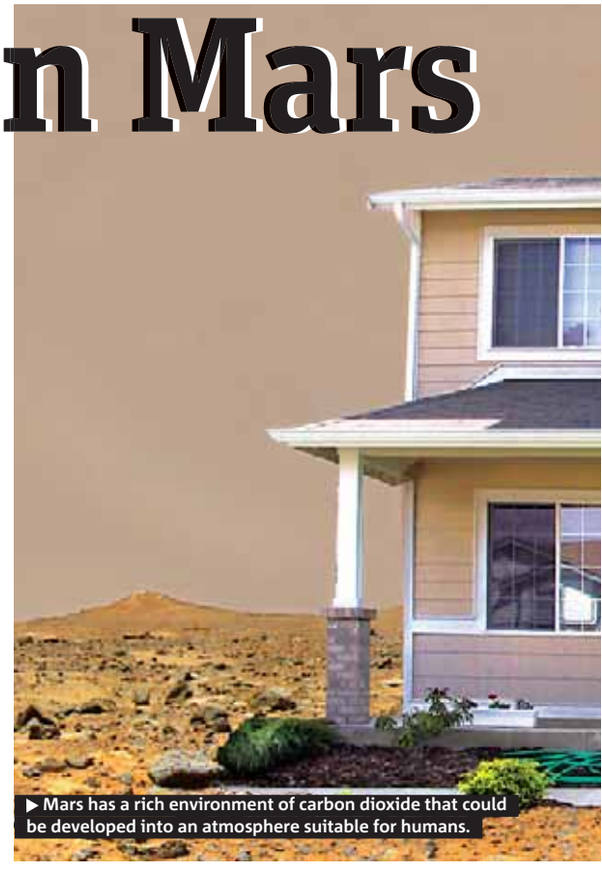
"Don't mention other solutions until there is any glimmer of hope that people will make a sincere attempt to put them into practice."

Before any counter-proposals, consider these two points: Those who have the power to influence change are not creating policies to divert from our current path. Secondly, those who have the financial means to invest in real solutions have more to lose so are apt to continue their ways.

Moving to Mars would mean mankind wouldn't need to learn a lesson from the wasteland formerly known as Earth — we just need to start searching for another replacement planet. I have heard that Venus also has great potential. Citizens could continue in their patterns of unsustainable living without concern for the future, continuing to think short term, living in their oversized homes and driving SUVs.

Author's note: This piece has been inspired by Jonathan Swift's A Modest Proposal, in which he satirically proposes children be used for red meat to end Ireland's economic woes.

CHRISTINA FRANC, 21, HAS A BACHELOR'S DEGREE IN JOURNALISM FROM CARLETON UNIVERSITY.



▶ Mars has a rich environment of carbon dioxide that could be developed into an atmosphere suitable for humans.

Looking ahead

Michel Chikwanine
SPEAKER, ME TO WE
"I envision that by the year 2031, the world will have met the United Nations Millennium Development Goals. In 2031, every girl around the world will get to go to school."

Craig Kielburger
FOUNDER, FREE THE CHILDREN
"By 2031, I envision a world in which apathy is no longer an issue. Young people will have the passion and creativity to change the world ... they will be empowered on the world stage and treated as equals."

The future isn't so scary

Hollywood imagines this generation's future as a science experiment with apocalyptic results, but author Mark Stevenson insists it doesn't have to be that scary.

Stevenson spent a year travelling the globe asking scientists and philosophers what's next for us. He synthesized the answers in his book, An Optimist's Tour of the Future. It is being turned into a TV series and a Hollywood movie.

What are your goals for the book?
I wanted to write about the scientific horizon for a wide audience because there's a revolution coming and more of us should be informed.

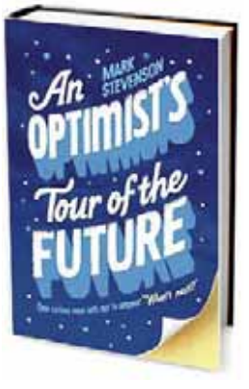
Did you write from an optimist's perspective?
"Optimist" appeared in the title because I saw so many interesting possibilities, and my agent said I'd sell more copies. I am not saying the future will be better — I am saying it could be, so I'm a possiblist.

SUBMITTED

▶ Author Mark Stevenson

What will be the most interesting scientific innovations?
To quote William Gibson: "The future is here. It's just not widely distributed yet." So, synthetic biology is already in use. If you're diabetic, it's almost certain your insulin supply is produced by E. coli bacteria whose genome has been tinkered with. The list of nanotechnology-based products already available includes microprocessors, cleaning products, toothpaste, pregnancy tests, stain-resistant clothing, and — it seems to me — a disproportionate number of hair-straightening devices.

As we speed into the future, what's core to being human?
Talking about technology makes people quite scared, but advancement is a whole-hearted expression of our humanity — it's what distinguishes us from other species. No other animal does this. There isn't a bunch of dogs putting together an equivalent of your newspaper and no dogs will read it.



These innovations will come to be because that's what human beings do. Hoping to roll back the march of human culture is about as pointless as trying to reconstruct the frog your younger brother just put in the blender.

Are information technologies useful or just overloading us?
It's up to us how we use technology. If you have mass access you must employ mass-filtering. To make decisions we have machines to mine information and get a much clearer picture.

You investigated solar energy and on your trip carried a solar-panel bag. Is that the future of fashion accessories?
It does get a lot of comments. Ironically, the battery is broken but the panel still works so the new technology is outlasting the old. By 2020 even solar pessimists believe people will be choosing solar because it's economic rather than green. Regardless of your opinion on climate change, energy independence is better than relying on oil and the few countries who export it.

SARA FRIZZELL IS A THIRD-YEAR STUDENT MAJORING IN JOURNALISM AT CARLETON UNIVERSITY.

DAVID VAN DYKE/PHOTO ILLUSTRATION

Pills on the menu

Since the complete breakdown of the Earth's ecosystem, solid, chewable food has ceased to exist. Fortunately, at Pill World, our scientists have been hard at work replicating the main ingredients in the most popular dishes from 20 years ago and distilling their flavours into delicious pills.

While the average 2011 diet consisted of a variety of fresh and processed foods, massive leaps in agricultural technology led to global use of genetically modified foods. After a series of natural disasters in 2012, the world's supply of sustainable foods was virtually wiped out. Meanwhile, prices for remaining foods have doubled, as Oxfam predicted back in 2011. Pill World was born — universally accessible, eco-friendly and affordable. Bon appetit!

Appetizers

• Pile o' Chicken Wing Pills: This smoky, saucy flavour will make you feel like you're eating a whole stack of juicy chicken wings from the rare North American chicken.

• Chicken Quesapilla: The quesadilla was a cheesy, meaty Tex Mex dish mostly served in dive bars in neither Texas nor Mexico.

• Tossed Pill Salad: Distilled from only the freshest remaining vegetables on the planet — tomatoes, spinach and a lot of other "green" things charred beyond recognition.

Speciality Drinks

• Pill and Tonic*
• Vodka, Cran and Pill*
• Whiskey Sour Pill*

*Please note that pills only contain the flavour of alcohol and not the intoxicating properties. All of the fun of drinking without any of the consequences!

DAVID VAN DYKE/ PHOTO ILLUSTRATION

Le menu at Pill World — bon appetit!

Entrees

• Pasta Pillmavera: The taste of spring veggies, pasta and sauce in one smooth, mess-free capsule.

• Cheeseburger Pill-stravaganza: A primitive sandwich made of meat, bread and cheese. We think you'll find our cheeseburger-flavoured capsules more delicious, nutritious and satisfying.

• Braized Chicken Breast with Caramelized Onions and a Red Wine Reduction: The pill is an improvement!

Desserts

• Chocolate Mousse Pill-splosion: The real version would have made you fat. We're doing you a favour.

• Apple Pie à la Pill: Just like your mom's apple pie, except more pill-shaped.

MICHELLE BLANCHARD IS A FOURTH-YEAR JOURNALISM STUDENT AT CARLETON UNIVERSITY.

Conserving Canada's 'liquid gold'

Water is one of the world's most precious resources, and although Canada seems to have plenty of lakes and rivers, we need to be just as careful as every other country in conserving our share of this fast-depleting "liquid gold."

Bob Sandford, an adviser to the Rosenberg International Forum on Water Policy, said Canadians are among the world's greatest water wasters and polluters — second only to Americans in per capita water use. Although we know we need to protect it, water remains one of our most undervalued resources.

Andre St Hilaire, member of the Canadian Water Resources Association, said it's important to make conservation efforts on an individual and national level. If we don't take the time to conserve water now, by 2031 we may be making some of these more drastic lifestyle changes:

Everyone will have to become vegetarian.
The amount of water it takes to raise animals for food is extraordinarily high compared to what it takes to grow food sources like vegetables, soy protein and rice. While a pound of beef requires about 2,500 gallons of water, a pound of soy only needs 250 to grow.

Turfgrass will be eliminated.
Turfgrass (which covers the lawns of thousands of homes in Canada) is potentially the single biggest waste of fresh water in Canada and the U.S. Indeed, a massive 30 per cent of the available drinking water in America goes to feeding turfgrass (a plant that isn't a food source).

The population will have to shift north.
While Canada is perceived to be a water-rich country, almost all the available fresh water we have is directed north while the majority of the population is in the south. In order to make the most of the fresh water we have, people are going to have to head up to the territories along with the water.

No more plumbing.
Toilets, showers, baths, dishwashers and laundry machines are some of the biggest drains on the world's fresh water resources. In order to conserve water, all this activity will have to take place without the use of plumbing — through septic tanks, sponge baths and cycling water.

EMILY RACK, 21, IS A FOURTH-YEAR JOURNALISM STUDENT AT CARLETON UNIVERSITY.

DAVID VAN DYKE/PHOTO ILLUSTRATION

▶ The Toronto waterfront if water conservation efforts fail.

Smaller families

- **With the projected 2050 population** at 9.5 billion, there won't be enough water to sustain the world's population if people keep reproducing at their current level.
- **The environmental adviser** to the British government has suggested that families with more than two children are putting an unbearable burden on the Earth. With only one- or two-child families, the world's water supply will last much longer.

The news is...in your head?

The newspaper you are holding in your hand, the news networks we watch after coming home from dinner — these are our windows to the rest of the world. But by 2031, innovations in technology could change the window we look through and even ourselves.

ISTOCK

▶ Head implants will receive the news in 2031.

Social media: Delivering your news in 2031

Social media will be at the forefront of news delivery in 20 years. Unfiltered, first-hand perspectives from real-life people will be the order of the day.

Imagine checking Facebook or Twitter and hearing stories from soldiers on the front line in real time, or from aid workers at the scene of a tsunami.

With such profound changes, the ethics of news reporting will undoubtedly be altered. According to Bryan Orend, a philosophy professor at the University of Waterloo in Ontario, "confirmed selection bias would worsen if you were to get your news from social media... groups of friends telling each other things they all want to hear, confirming pre-existing beliefs." So while social media will expand our horizons, it may also end up polarizing in its reach.

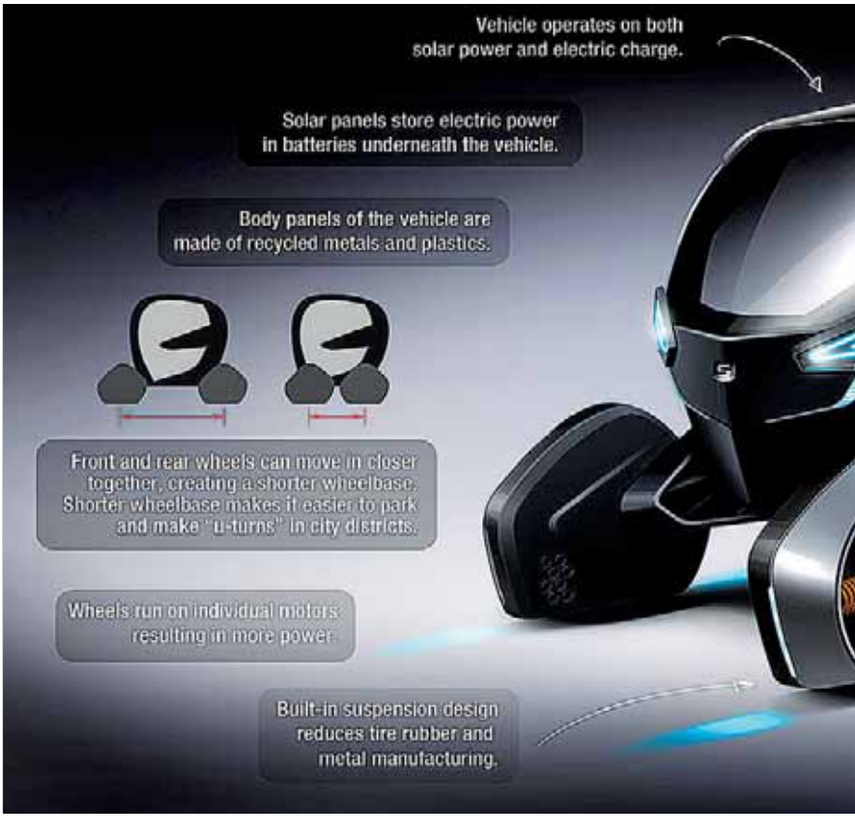
News microplants in your ear? Yes, please

What if we went beyond changing the news, and changed ourselves? What if we could biologically remodel our brains in order to get real-time updates? Some people may no longer be content with a BlackBerry. They may want micro-chips installed in their heads instead.

Alan Lacopi, the operations director for the Queensland Micro and Nanotechnology Centre, said such innovations are possible. While receiving images in the brain may be a long way off, in 20 years Lacopi suggests that this will be the norm.

While this technology is possible, some argue that it is not worth the risk. Professor Paul Yager, chair of the Department of Bioengineering for the University of Washington, argues that "we've developed a technology (the smartphone) that makes the risks unnecessary," at least for an able-bodied person.

HOWARD LEUNG IS A UNIVERSITY STUDENT STUDYING ACCOUNTING. HE IS INTERESTED IN GLOBAL AND LOCAL ISSUES.


Vehicle operates on both solar power and electric charge.
Solar panels store electric power in batteries underneath the vehicle.
Body panels of the vehicle are made of recycled metals and plastics.
Front and rear wheels can move in closer together, creating a shorter wheelbase. Shorter wheelbase makes it easier to park and make "u-turns" in city districts.
Wheels run on individual motors resulting in more power.
Built-in suspension design reduces tire rubber and metal manufacturing.

The rise of social media

New technologies will not change our social interactions at a fundamental level But they will provide new avenues for nurturing relationships that may not have otherwise existed

In 2031, distance between people and countries will become a concern of the past as the power of social networks spans across continents.

The existence of our global village today is facilitated by social media (such as Facebook, Twitter and Skype), but in the future this global community will exist solely through social media. For example, it is projected that Facebook's user population is growing at such an accelerated rate that it will exceed China and India's combined population within the next three to five years.

According to Michael Rajzman, manager of social media at Free the Children, new technologies will not change our social interactions at a fundamental level, but instead will give us new avenues for maintaining and nurturing networks of relationships that may not otherwise exist.

No one knows this better than Adam Garone, cofounder and CEO of Movember, an annual month-long event in which participants grow mustaches throughout November to raise awareness and funds for men's health issues. Movember became a global phenomenon in 2010, primarily through the use of social media.

Garone says we have created tools that enable us to be more connected with more people. "Twenty years from now we will be connected with infinitely more people, in ways we can't even imagine possible today," he said.

In the future, users will no longer just view information on a social media platform, but they will be immersed in it, possessing the ability to dive into any world they choose. Instead of viewing friends' pictures on a 2-D screen, the pictures will be projected all around, creating a three-dimensional experience in which the user is completely immersed.

DAVID VAN DYKE/PHOTO ILLUSTRATION

Individuals are projected as 3-D hologram images, so that a Facebook chat becomes a highly interactive interface. Instead of interacting through photos and posts, we are able to experience the lives of other individuals exactly as they themselves experience them.

Immersions into other worlds would undoubtedly nurture empathy, as individuals would have the ability to literally see themselves in other people's shoes. Social media in the future, therefore, would play an important role in uniting the members of the "Facebook nation" and in creating a world that fosters empathy and, thus, social responsibility.

VICTORIA ATON, 22, IS A RECENT GRADUATE FROM MCGILL UNIVERSITY, WHERE SHE STUDIED INTERNATIONAL DEVELOPMENT. SHE SPENT THE PAST YEAR DOING FIELD RESEARCH IN EAST AFRICA AND WORKING FOR NON-PROFIT ORGANIZATIONS.

Looking ahead

Jesse Cruickshank
MTV CANADA

"By 2031 I hope to live in a more balanced world — a world where our resources are shared equally, our environment is treated with respect and our conflicts are solved in peace."

Reader tweets

In 2031, will high school be taught in a virtual class?

- **@limonaderose:** Can't replace a human role model.
- **@AD_TO:** the virtual world will add value, but experience cannot be described unless tangibly experienced with feedback.
- **@irisbobiris:** I think learning in a classroom environment will always be the best and most effective way of teaching!

MATTHEW LAW

The car of tomorrow

Imagine a vehicle that not only operates on electric power, but one that uses solar energy and recycled materials to save energy — and the planet

The automobile of 2031 can seat one to two passengers, depending on the model. Instead of gasoline, this vehicle operates on electric power, which is obtained through the solar panel roof and electric charge (power outlets).

As the car is running, the power charged from the solar panel is stored in battery cells underneath the driver's seat and vehicle.

All of the interior, exterior body panels and covers are made from recycled metals and plastics (to reduce manufacturing new resources and materials). And all panels are painted with biodegradable paints instead of toxic chemicals. Large windows give the driver more natural light for better visibility and reduced blind spots.

Each wheel runs on its own individual motor, resulting in more power and traction. The new suspension and wheel design is much simpler, making it easier to repair, fix and find replacement parts.

Instead of using air-filled tubes, the individual suspensions (positioned in six, similar to spokes) act as the rubber cushioning. The wheels maintain the same shock absorption as standard suspensions while eliminating the chance of rubber tire failures.

Also, the new wheel design further reduces toxic pollution created from manufacturing tire rubber.

One of the most unique features of this vehicle is its capability to have the front and rear wheels fold in together. As the wheels move in, the wheelbase shortens, making it easier to turn around, make u-turns or park in tight areas (such as downtown districts, parking lots and sidestreets).

Strips of LED lights are placed on the front and rear wheel covers for better visibility, while using less power and creating less heat.

MATTHEW LAW IS A TORONTO-BASED DESIGNER AND COMMERCIAL PHOTOGRAPHER. HE IS IN HIS LAST YEAR OF STUDIES AT HUMBER COLLEGE IN THE TRANSPORTATION/INDUSTRIAL DESIGN PROGRAM. HE SPECIALIZES IN AUTOMOTIVE AFTERMARKET AND CONCEPT DESIGN. VISIT HIS WEBSITE AND PORTFOLIO AT MATTHEWLAW.CA.

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Web to speed up innovation

Online video is inspiring global conversations and will change the way we approach world issues

The Internet is bringing people around the world together to tackle the challenges facing our generation. In 2031, it will have radically changed the way we approach our collective challenges, thanks to something Chris Anderson, curator of the global TED conferences, calls crowd-accelerated innovation.

It's the use of online video to speed up innovation. You create a video and post it on YouTube. Tens of thousands of people watch it, share it, talk about it, vote on it...and are inspired to create their own video building on yours. And so on. And so on.

In the year 2031, a generation of passionate activists, artists, scientists and entrepreneurs around the world will build projects together.

Because we can all be each other's inspiration, supporters, collaborators and critics, web video offers the potential for challenges to be approached from many perspectives with stronger solutions.

The global conversation is already growing. Consider the TED conferences, which are built on the mantra of "ideas worth spreading."

Goran Kimovski, organizer of TEDxKids@BC in Vancouver, said change will occur because of "the sum of tools and platforms that will enable the formation of true communities with no actual boundaries that can be represented geographically."

Tara Mahoney is the creative director of Gen Why, an organization that uses the Internet to inspire the millennial generation.

"As the largest and most global generation in human history, there is immense power in youth being connected to one another," she said. "The Internet (and access to it) might be one of the most important political issues of our time."

ISTOCK

▶ The Internet represents Earth's last untapped resource — human potential.

The UN recently declared Internet access a basic human right, meaning that no government can deny people access to the Internet. It's clear from movements occurring around the world that Internet access can translate to having a voice, and it becomes more difficult to dismiss the Internet as a luxury.

In the future, the Internet will expand from a human right to a democratic necessity. If in the next 20 years we take advantage of it, a better world is within reach.

SELIN JESSA, 16, IS A GRADE 11 STUDENT WHO IS PASSIONATE ABOUT THE USE OF ART, SCIENCE AND TECHNOLOGY TO TACKLE OUR GENERATION'S CHALLENGES.

New meaning to making some green

ISTOCK

▶ Companies will make a profit with purpose.

Are profitability and effecting social change mutually exclusive? Not in 2031.

Social entrepreneurs will be applying innovative solutions to pressing social problems to achieve sustainable profit margins while effecting social good.

"Challenges like poverty, hunger and the environment have been around for some time," said Craig Keilburger, co-founder of Free the Children and its social enterprise arm, Me to We.

"Traditional approaches have yet to create systemic and sustainable change. We need a fresher, more unique approach — social entrepreneurship — to tackle these issues."

Based on this need, it's predictable that within one generation, social enterprise will become a third sector working parallel to profit and non-for-profit sectors.

Annalea Krebs, founder of ethicalDeal, an online company that uses the group buying model to make green mainstream, agrees that we're at a tipping point.

"The demand for products and services that are healthy for the planet and the community is increasing. More and more companies are demonstrating that you can make profit with purpose." In 20 years, this will be the norm.

The first step, said Keilburger, is to make the spirit of entrepreneurialism a part of everyday life through the school system, development opportunities and institutes like MaRS, a not-for-profit that works to commercialize publicly funded medical research with the help of private enterprise.

"People are tired of business as usual. The hope is that this time, we can and will do things differently," said Krebs. "Social entrepreneurs have always believed this."

And in 2031, this belief will be a reality.

It will be this collaboration that will lead to more sustainable and viable solutions to the economic and social problems we face today.

TEDx Toronto

TEDxToronto has 14 diverse and passionate speakers on the theme of redefinition. The event is this Friday at the Telus Centre for Performance and Learning.

▶ For more info: tedxtoronto.com

TARINI CHANDAK, 18, IS A FIRST-YEAR ACCOUNTING AND FINANCIAL MANAGEMENT STUDENT AT THE UNIVERSITY OF WATERLOO, AND IS PART OF SHOPANTHROPIC.

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09:45 LONDON KV3323 B4 DEL
09:50 MIAMI LX3100 A2 DEL
09:55 THE MOON LV2317 A5 ON
10:00 PARIS BD9032 B1 ON
10:00 MARS FB5610 C4 ON
10:05 HONG KONG EN4267 A4 DEL
10:10 BARCELONA GC5433 C1 ON
10:15 TOKYO

We've Got High Hopes!

In fact, 65% of Metropolitan Panel members believe we'll be scheduling holidays on the moon 20 years from now!*

Our optimistic panelists think that round-the-world trips above the atmosphere, space station resorts, and dinner by moonlight – on the moon, aren't too far away.

*Metropolitan Panel; Travel Survey - August 2011

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